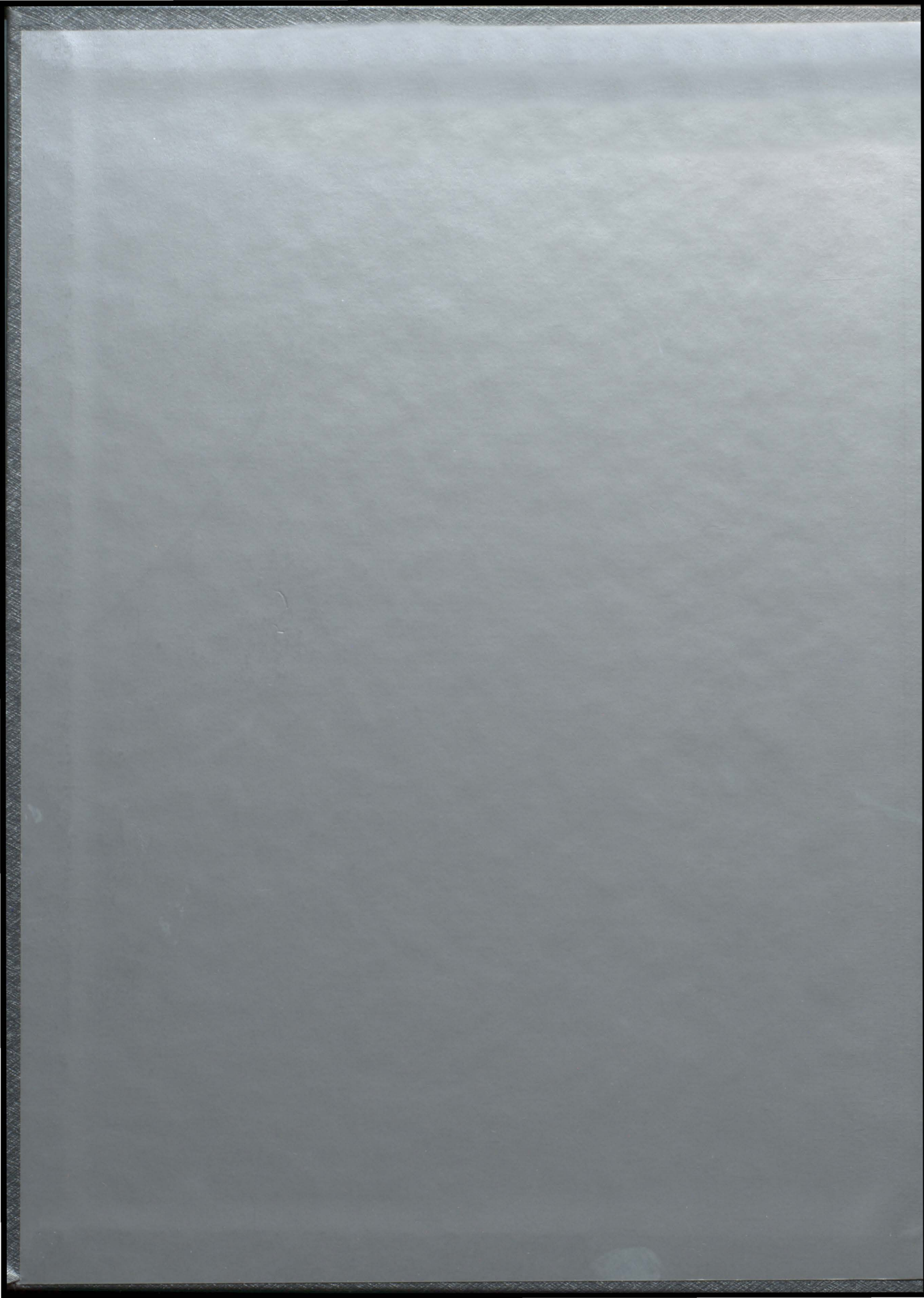


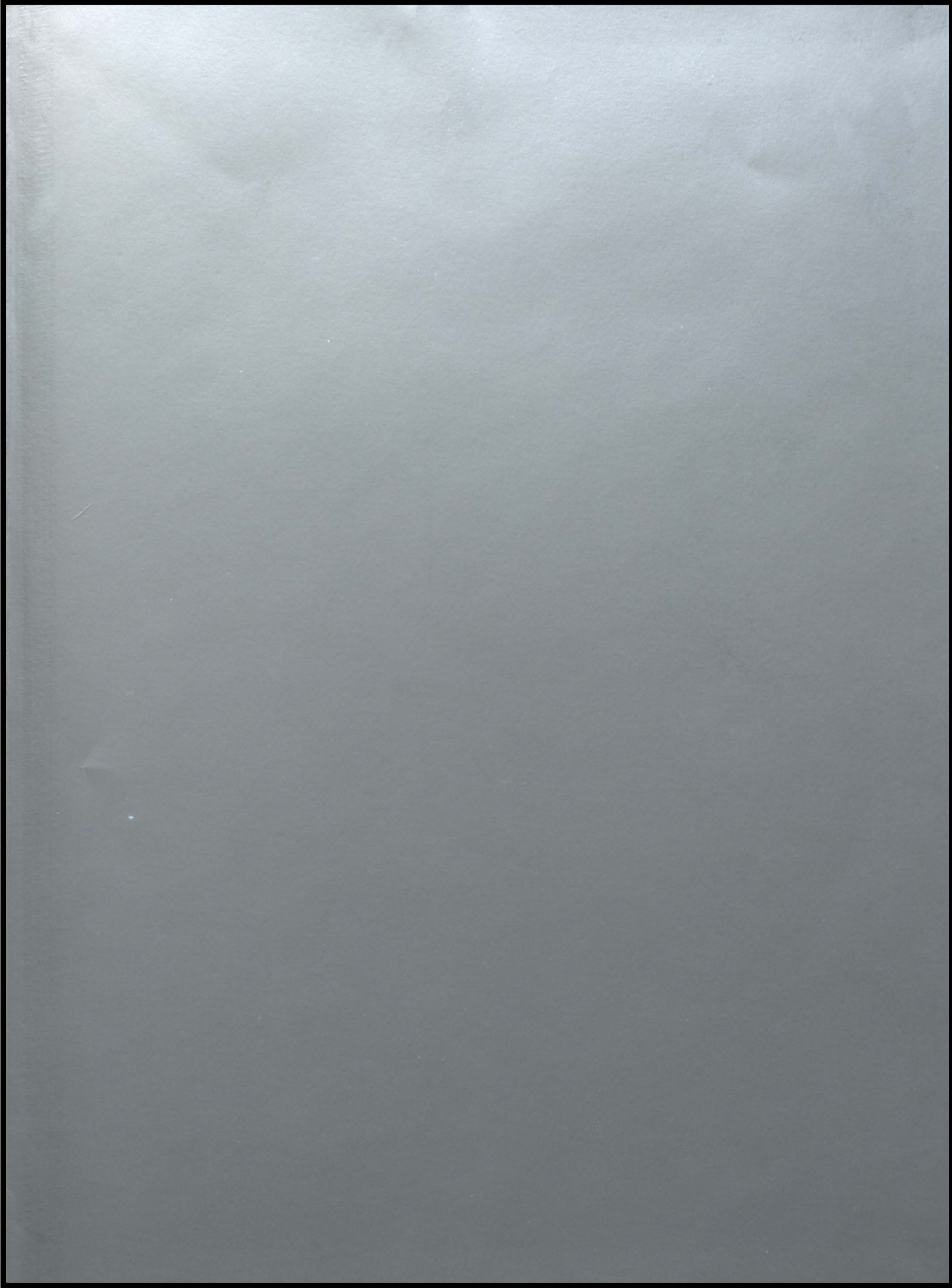
Blue

prints

2015

DELPHIAN







Paramus High School

PHS:
The
foundation
for
students to
pursue
their
dreams
and
become
life-long
learners.

99 East Century Road
Paramus, NJ 07652

Blueprints 2013

DELPHIAN

.002

Opening
Section

.004

Seniors

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Underclassmen

.070

Faculty & Staff

.084


Athletics

.134

Student
Life

.164

Advertisements



Paramus students know how to stick together and support one another through tough meets and games.

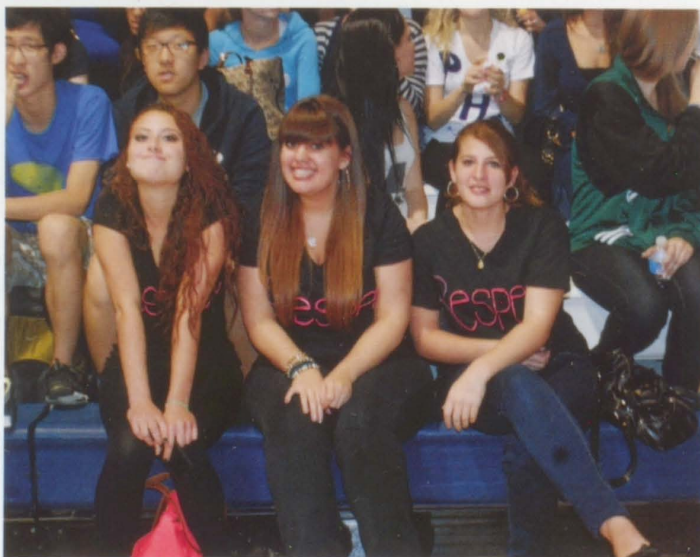


Right: Nichole Gloria and David Budnick celebrate the holidays in style. Below: The Yearbook Club gathered around for a group photo while arranging Senior Picture Day. It was hectic, but plenty of bonding took place.



Paramus High School's first Pep Rally of the 2012-2013 year reunited friend groups in the stands. Every grade demonstrated outstanding school spirit. Pictured here are Brianna Cardinale, Janelle Dryer, and Kristina Menhinick.

Right Middle: Color Guard captains Jenn Pagliaro and Rachel Kordell take a break after their amazing halftime performance. Far Right: Brittany Hovan and Connor Hagan prepare for their performance.



Blueprints

(noun) A detailed outline or plan of action.

Authors: Assistant Editors, Monica Bulnes and Ami Gadhia

We all start off with a blank sheet. The doors of Paramus High School open a world of opportunities to allow us to begin designing our blueprints. Our math classes help us create a formula for success. The bell rings, and science class commences as we experiment with the world around us. Our history class, through all the tests and quizzes, teaches us about our past, and how to improve our future. In English we compose our stories. During practice, we form unforgettable bonds with our teammates. Our friends help us sketch in our memories on that plain blue piece of paper, and the faculty helps us with obstacles along the way. Throughout the course of our experience at Paramus High, the blank sheet begins to fill up. On it, there are sketches and plans and symbols, and even some mistakes-but these blueprints are the basis for the rest of our lives. Each of us have a different version, but the design for our building consists of the same elements. Who are we? We are Spartans. We are fighters. We are champions. We are one. Over time, we will change; it's inevitable. 30 years from now, when you look at this yearbook with your children and new friends, you may not remember every name or every face, but we all have our experience at Paramus High School in common. These blueprints are here to help us build our futures from the ground up, and they will always remain in our hearts.

Blueprints

2013

DELPHIAN

Senior Photo Day

Author: Senior Section Editor, Azita Moussavian

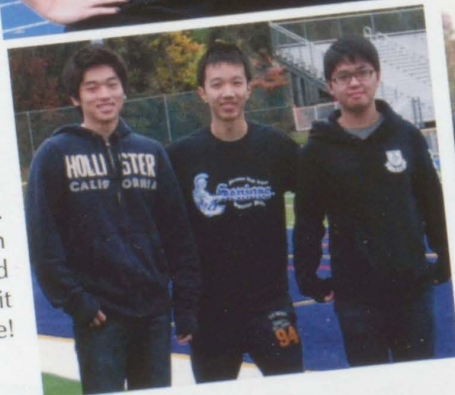
Throughout these past four years, there have been countless times where we have found ourselves at a crossroads. We have been faced with choices and decisions that brought us to where we are today. As we slowly transition from the safe walls of Paramus High School, we will use our experiences as a reference in the real world. The knowledge we gained in the classroom, on the field/court/mat, or in a club meeting will help us be successful in our future endeavors.

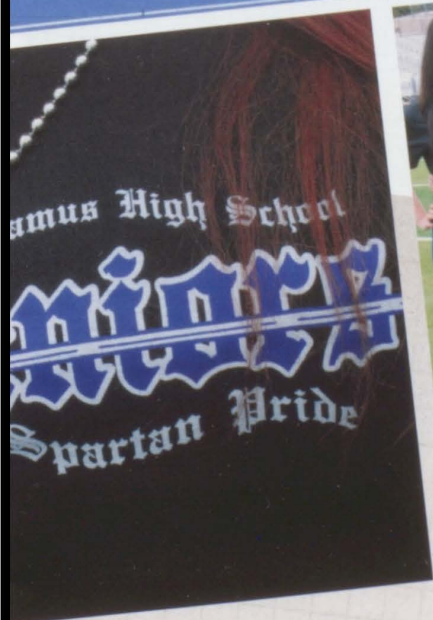
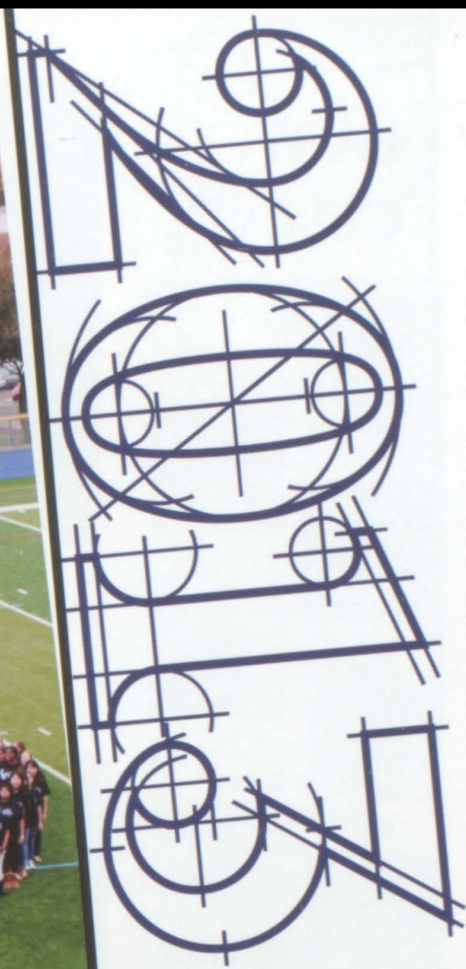
There is no doubt that our senior class will miss all the little things about Paramus High School; from lessons learned, to the Dunkin' Donuts runs we made during study hall; from every to Dr. Pilacik's office, chasing us down for blue passes, to every minute we let loose in the commons. Maybe we could have done without the dreadful walk from the lot to the school at 7:30 every morning or every extended detention we served until 5:30, but regardless, it is the little things about this school that we have all grown to love. Now it is our time to take what we have learned and focus ourselves on bigger, better, and brighter futures.

Congratulations Class of 2013!

This Page:
Top - Alex Lin and Edmond Wu dress warm for the cold October day. Middle Right: Christina Dominiguez and Heidi Kim show off their matching outfits. Bottom Right: Monica Bulnes and Bianca Pagano, both yearbook editors, spent hours planning the senior photo. Top Left - Amanda Gecht and Sarah Cortes practice their smiles for the photo. Bottom Left - Jaydon Jia, Felix Chen, and Huijiong Yu can't wait to get back inside!

Each year, the senior class gets together for their group photo. This year, the class of 2013 decided to alter the traditional pose and form instead a '13 the width of the football field. The photo, which includes over 320 seniors, took nearly an hour to assemble and capture.





Far Left: The winning senior t-shirt design, created by Julie Dunic.
Left: Melissa Iturralde, Amy Baumgardt, Ali Trunfio, Shannon Gateley, and Kristina Lama waiting on the field to be placed in the '13.

Seniors

BABY CORNER



Myrah Abbasi

Art Club, Photography Club, UNICEF



Laith Abwini

Wrestling 9-12

"If you tell the truth, you don't have to remember anything." -Mark Twain



Kristen Acabou

FOR Club 11-12, Yearbook 12

"For everyone who thought I couldn't do it. For everyone who thought I shouldn't do it. For everyone who said it's impossible, see you at the finish line."



Nicole Acito



Anthony Agnello

Wrestling 9-12, Baseball 9-12

"You're laughing because I'm laughing, but I'm laughing because I farted"



Victoria Agnello

Soccer 9-10, Basketball 9-10, Softball 9-11, History Travel Club

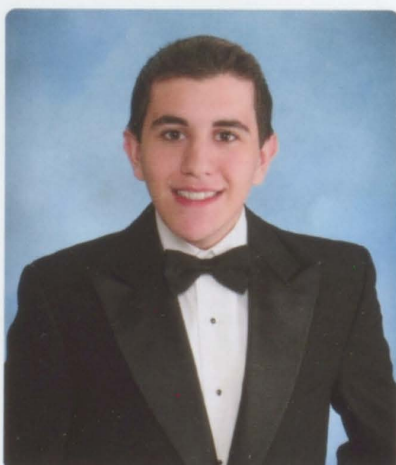
"The only thing I regret about High School is that I didn't do half the things I heard I did."



Shant Agopian

Paws 9-12, Spanish Club 11-12, NHS 11-12

"Be the change you want to see in the world."



Vrej Agopian

Paws 9-12, NHS 11-12, Spanish Club 11-12

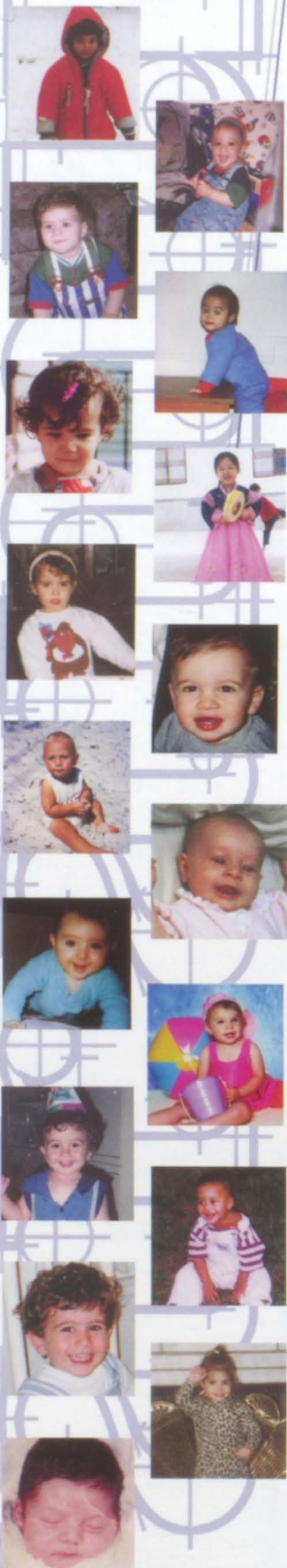
"If you don't stand for something, you'll fall for anything."



Omar Ahmed

Pure Hearts 10-12

Enjoy the little things in life, for one day you'll look back and realize they were the big things."





Mohamed Al-Yousefy

Football 9, Tennis 9, Winter Track 10-12, Spring Track 11-12, Interact 11-12, Debate 12



Carlo Antonio

HONOR SOCIETY
Band Secretary 9-12, Tri-M President 11-12, Wind Ensemble 9-12

"Don't ask yourself what the world needs; ask yourself what makes you come alive. Because what the world needs is people who have come alive." - H. Thurman



Seo Yeong Tina Baek

HONOR SOCIETY
Marching Band 9-10, French Club 9-10, Coexist 10-11, Stage Crew 9-12, Bible Club 9-12, Pure Hearts 9-12, Unicef 11-12, NHS 11-12, DECA 12

"So now faith, hope, and love abide, the greatest of all these is love" - 1 Corinthians 13:13



Giuseppe Bagnato



Marc A. Bari

Football 9-12

"In life there are no mistakes, because it's the mistakes that make us who we are."



Jolie Bartner

HONOR SOCIETY
Student Ambassadors 9-12, Interact 10-12, NHS 11-12, Spanish NHS 12, Cross-Country 9-12, Winter Track 10-12, Spring Track 9-12, Captain 12

"The inner machinations of my mind are an enigma" - Patrick Star



Amy Baumgardt

Winter Track 10-12, Spring Track 10-12, Swim Team 9

"If your dreams do not scare you they are not big enough."



Joey Binns

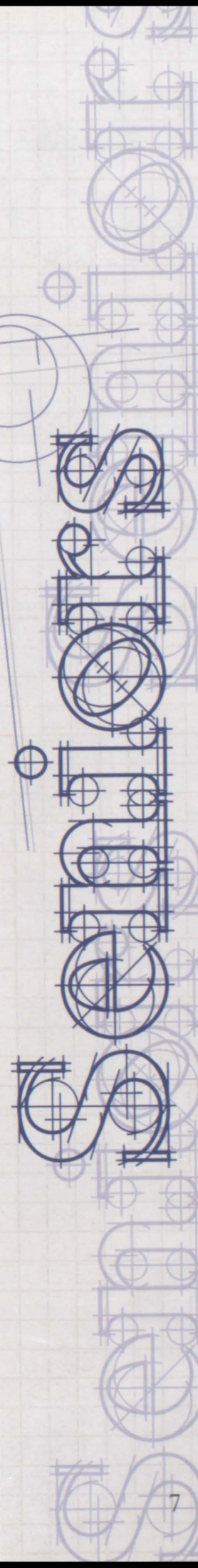
Football 9-12, Varsity 10-12, Captain 12



Amanda Bocekci

Varsity Swimming 9-12, Captain 12, Soccer 9, Interact 9-12

"I will live today and I will love tomorrow" - Armin Van Buuren



BABY CORNER



Christina Boyadjian

Red Cross Club 9-10, Class Vice President 11, NHS 11-12, Varsity Swimming 9-12, Captain 11-12
"Sour....Sweet....Gone"



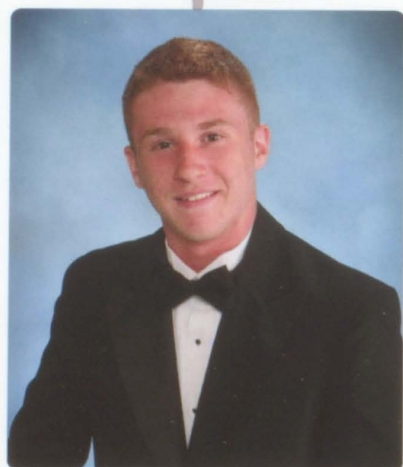
Chloe Branch

Volleyball 10-11, NHS 11-12



Matt Brescia

Lacrosse 9-12, Ski & Snowboard Club 9-12



Max Brodarzon

Soccer Varsity Captain



David Budnick

Paws 10, Cross Country 10, GSA President 11-12, Winter Track and Field 10-12, Spring Track and Field 9-12
"The scar had not pained Harry for nineteen years. All was well."



Monica Grace Bulnes

Spring/Winter Track 10-11, Yearbook Club 12, FOR Club 11-12
"Faith is taking the first step even if you can't see the whole staircase."



Caitlin Butler

Marching Band 9-12, Art Club 9-12, Video Game Club 11-12, Knitting Club 11-12
"If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."
-Henry David Thoreau



Jessica Byrne

Varsity Cheerleading 11-12, Captain 12, Yearbook Club 12
"It won't all go the way it should, but I know the heart of life is good."
-John Mayer



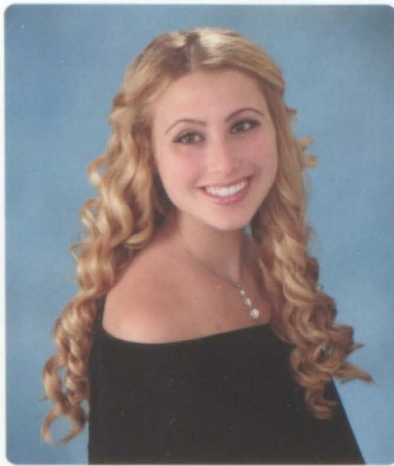
Doug Cameron

DECA 9-12, Golf 9-12, Swimming 9
"You can lead a horse to water, but you can't make him ride a jet ski."



Dominic Caporelli

Baseball 9-12, Football 9-10
 "Sometimes when I close my eyes, I
 can't see" -Anonymous



Brianna Marie Cardinale

Basketball 9, Swim 10 & 12, Choir 9-12,
 Prem1ers 11-12, FOR Club 11-12,
 Yearbook 12, Tri-M 12
 "Imperfection is beauty, madness is
 genius & it's better to be absolutely
 ridiculous than absolutely boring."



Tara Carey

Lacrosse 9-11



Caitlyn Carmichael

Soccer 9-11, NHS 11-12, Interact 9-12
 "You would worry less about what
 other people think if you knew how
 little they did."



Jeffrey Carpenter

Football 9-12, Baseball 9-12
 "Enjoy every moment because before
 you know it you're a senior graduating."



Viviana Cartagena



Kenny Casado

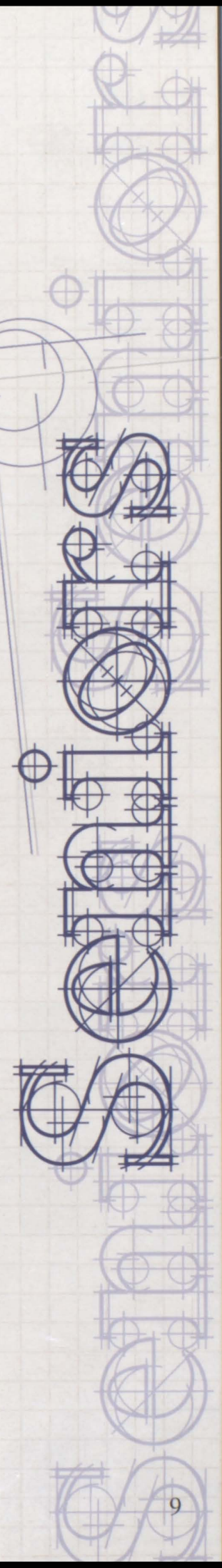


Gabriel Castro

Track & Field 9-12, Choir 11-12,
 Prem1ers 11-12, Tri-M 11-12
 "If I'm lucky, Mr. Talent will rub his
 tentacles on my art."
 -Spongebob Squarepants



James Chalmers



BABY CORNER



Thomas Chang

Tennis 10-12
"Oppan Gangnam Style!!!"



Yong Qi Chen

HONOR SOCIETY
"Those truly worth remembering are those remaining in our minds and our hearts."



Nicole Chermak

HONOR SOCIETY
Softball 9-12, NHS 11-12
"Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes."



Angela Cho

Swim 9-10
"We never really grow up, we only learn how to act in public."



Diana Y. Cho

Debate 9-12, Bowling 9-12, Student Government 9-10, DECA 10, HOBY Ambassador 10
"Only do what your heart tells you."



Yoonsik "Shane" Chung

HONOR SOCIETY
Soccer 9-12, Winter Track 9-12, Golf 9-12, NJ Science League 9-12, History Quiz Bowl 9-12, UNICEF 11-12, Math 9-12, NHS 11-12, German NHS 11
"It is better to be humble than be overconfident." - Shane Chung



Danny Ciecierski



Rachel Elana Cohen

HONOR SOCIETY
NHS 11-12, GSA 11-12, PAWS 9-10, Tennis 10
"I'm not pretty I'm not beautiful I am as radiant as the sun" - Suzanne Collins



Nicole Colamore

FOR Club 11-12, Yearbook 12
"Sometimes you have to stand alone to prove that you can still stand."





Elizabeth Cole



Peter Colombo

"Age is an issue of mind over matter, if you don't mind, it doesn't matter."



Kelly Cornella

Art Club 9-12, Knitting Club 11-12, GHS 12, NAHS 12

"You will be judged no matter what you do, so you might as well do what you want."



Sarah Cortes

Soccer 9-12, Captain 11-12

"Better to be strong than pretty and useless." -Lilith Saintcrow



Frank D'Arrigo

Soccer 9-12, Track 10-11, Baseball 9, DECA 12

"One dog goes one way, the other dog goes the other way and the guy's sayin', 'whadda ya want from me?'"



Bridgette Davis



Chazteny De Leon

FOR Club, E.R.A.S.E. 10

"Float like a butterfly, sting like a bee."



Robert Delli Venneri

Soccer 9-12, Captain

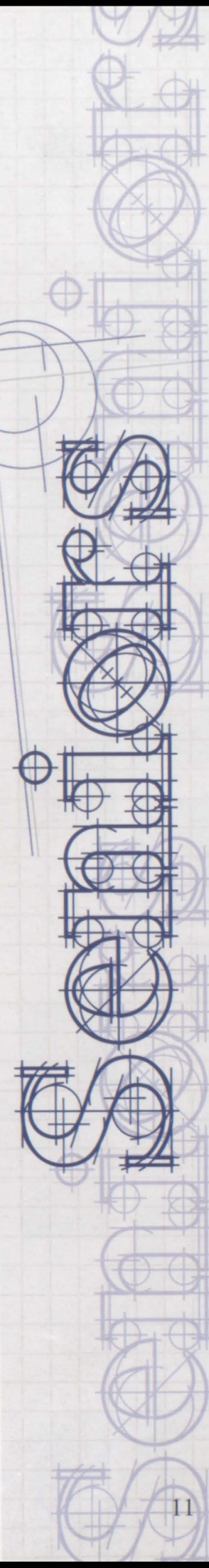
"Life is one grand, sweet, song so start the music" -Ronald Reagan



Danielle DeLuiSe

Volleyball 9-11, Track 10

"The only person you need to be better than is the person you were yesterday."



BABY CORNER



Mark Diaz

Baseball 9-12, Captain, Basketball 9-10
 "All day! Just me. By myself. On the block.
 Holding it down. Straight face. Not a game.
 In jail. By myself. 1 bed. No pillow case. 1
 pillow. Woke up. Went back to sleep. Took a
 nap. Wanna go night night?" -Kevin Hart



Hamza Din

Tennis 9,12; Teenagers 10-12, Bowling
 12, Pure Hearts 9, Open Gym 9-11
 "Some people want it to happen some
 wish it could happen others make it
 happen." -#23 Michael Jordan



Christina Dominguez

Tri-M 11-12, Drama 12, Cheer 11, Step
 Team 10-11, Prem1ers 11-12
 "Live life with no regrets."



Leslly Dominguez

Bible Club 10-11, Track 11



John Donworth

Ski Club, Baseball 9-12
 "When inspiration does not come to
 me, I go half way to meet it."
 -Sigmund Freud



Zaki Doudak

NAHS 12, Interact



Nick Dovlatyan

Soccer 9-10 & 12, Winter Track 11
 "All your dreams can come true if you
 have the courage to pursue them."
 -Walt Disney



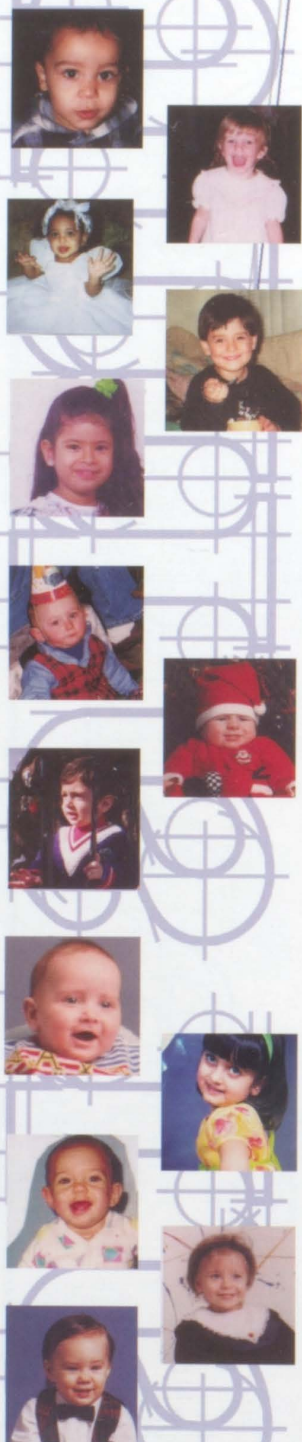
Janelle Dreyer

Prem1ers 11-12, Choir 9-12, FOR Club
 11-12
 "Progress is slow but I'm in it for the
 long haul."



Ivan Druskovich

Football 12
 "Let no man's ghost return to say his
 training let him down."





Kevin James Dungan



Julie Anne Dunic

HONOR SOCIETY
Drama 9-12, Art 9-12, Interact 10-11, Knitting 11-12, NHS 11-12, IHS 11-12, NAHS 12
"Hardships are an honor only given to those born strong. Don't envy those with easy lives, they are born weak and can't withstand what you can without breaking."



Andrew Dunn

Football 9, Basketball 9-11, Swimming 12, Spring Track 12, German Club 9-12, GHS Co-President 11-12
"If you believe in something, fight for it. If you have a dream, chase it. If someone tells you you can't do it, prove them wrong. Don't give up."



Kimberly Edson

"If you forget your past you lose who you are. You must remember, but not live within the past. Live for the present because it is guaranteed & hope for the future because it may never come."



Kenneth Ehrenberg

HONOR SOCIETY
Cross Country 12, Swimming 9-12, Baseball 9-12, Debate 10-12, History Quiz Bowl 10-12, NHS 11-12, German NHS 11-12
"Football is my life."



Vana Ekmekjian

Choir 11-12 (treasurer), FOR-IT Club 11-12, Musical 10, Yearbook 12, Color Guard 12
"Seek me and you will find me when you seek me with all of your heart."
-Jeremiah 29:13



Marina Elgawly

Band 9-12, Winter Track 9-12, Spring Track 9-12, Backstage Crew 10, Art Club 9-12

"Don't stress the could haves; if it should have, it would have."

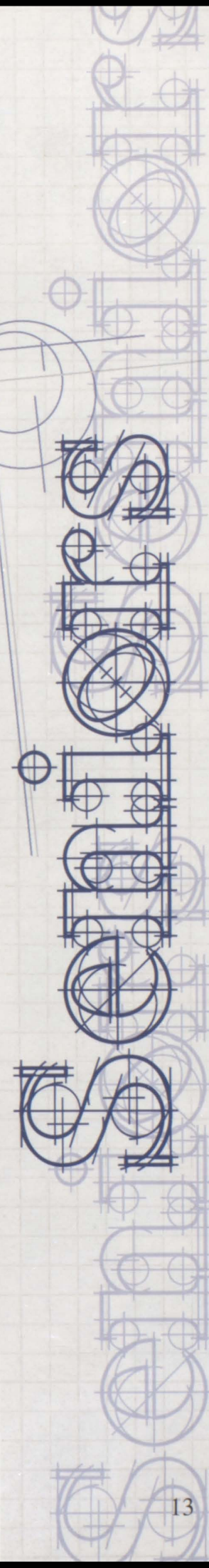


Alaa Eslayed



William Estevez

Art Club, Video Game Club



BABY CORNER



Luke Faugno

Basketball 9-11, Track 10-11, Weight Room 9-11, Tennis 12
"YOLO"



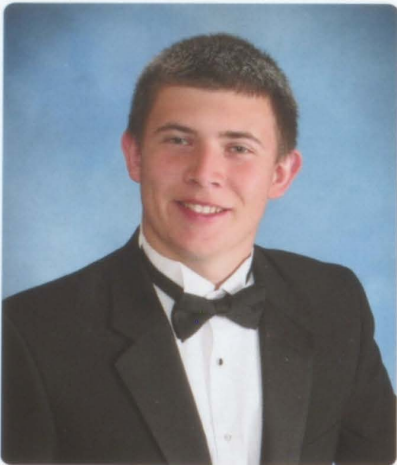
Alyssa N. Finizio

Varsity Cheerleading 9-12, Captain 12, NHS 11-12, Yearbook Club 12
"I dream of a better tomorrow, where chickens can cross the road without being questioned about their motives."



Colleen Patricia Finnegan

Volleyball 9, Basketball 9-10, Color Guard 11-12, FOR Club 11-12, German Club 9-12, Yearbook 12, German NHS 12, NHS 12
"No matter how many times people criticize you, the best revenge is to prove them wrong."



Jonathan Matt Fischetto

Pit-Orchestra 10, Basketball 9-10, NHS 11-12, Wind-Ensemble 10-12, Jazz Band 9-12, Baseball 9-12
"Do not follow where the path may lead. Go instead where there is no path and leave a trail."



Jessica Ford

"She doesn't even go here,"



John Frischkorn

Soccer 10-12, Lacrosse 9-12, NHS 11-12
"Corefour, a brotherhood that lasts a lifetime."



Ami Gadhia

Interact 12, Yearbook Club 12
"Everything will be okay in the end. If it's not okay, it's not the end."



Nick Garguilo

Baseball 9
"Every time you fall, do your best and stand back up on your own two feet, what you realize is it makes you stronger to go on, not weaker that you can't face the obstacle prepared for you."



Stephanie Garino

Volleyball 9-12, Captain 12, Tri-M 11-12, Orchestra 9-12, President 12, Chamber Strings 11-12, Secretary 12, Neighbors Helping Neighbors 11-12, Stage Crew 11-12, Interact 10-12
"If you don't go you'll never know."



Pali Gashi

Basketball 9-12

"There are three kinds of people in this world. Those that can count and those that can't count." -Anonymous



Paulina Gashi

Basketball 9-10, Volleyball 10, P.A.W.S. 12

"Do what makes you happy,"



Shannon Gately

"Everything happens for a reason."



Amanda Gecht

Student Ambassadors 9-12, Neighbors Helping Neighbors 11, Red Cross 9, Yearbook Club 12, Interact 11-12
"Strength lies in differences, not in similarities." -Steven Covey



Rebecca Ghichlian

Volleyball 9-10, Softball 9-10, Ambassadors 9-12, MSG Varsity 10-12, Yearbook Club 12

"You're lucky enough to be different, so never change."



Megan Ghigliotty

Volleyball 9-10, Basketball 9-12, Softball 9-12, Choir 11-12, Prem1ers 12

"God knows who belongs in your life and who doesn't. Trust and let go. Whoever is meant to be there, will still be there."



Steven Giambagno

Ice Hockey 9-12, Golf 9-12, DECA 9-12, NHS 11-12

"You miss one hundred percent of the shots you don't take" -Wayne Gretzky



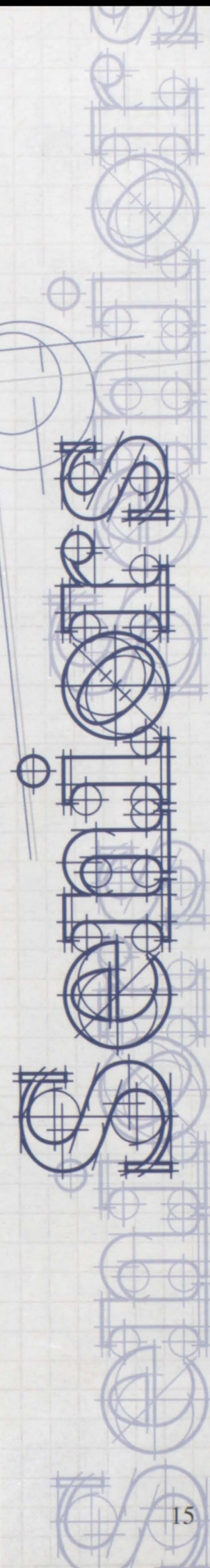
Nichole Gloria

Choir 10-12, Drama 11-12, Interact 11-12

"Why is a raven like a writing desk?"



Michael Golbari



BABY CORNER



Justen Joseph Goldberg

HONOR SOCIETY

Varsity Ice Hockey 9-12, DECA 9-12, NHS 11-12, Golf 10-12, Interact 11-12, SAE 9, Baseball 9 "Great moments are born from great opportunity. That's what you've earned here tonight. Now go out there and take it." -Herb Brooks



Michael Gorman

HONOR SOCIETY

Vice President of Chinese Culture Club 11-12, Odyssey of the Mind 11-12, Interact 9,11-12, NHS 11-12, Italian NHS 12 "You laugh at me because I'm different; I laugh at you because you're all the same." -Unknown



Rebecca Greff

"It is better to be hated for what you are than to be loved for what you are not." -Andre Gide



Jacob Grinoch

Wrestling 9-10

"He who is not courageous enough to take risks will accomplish nothing in life." -Muhammad Ali



Daniel Grothues

Track 9-12

"Success is buried in the garden of failure."



Alek Gulbenkian

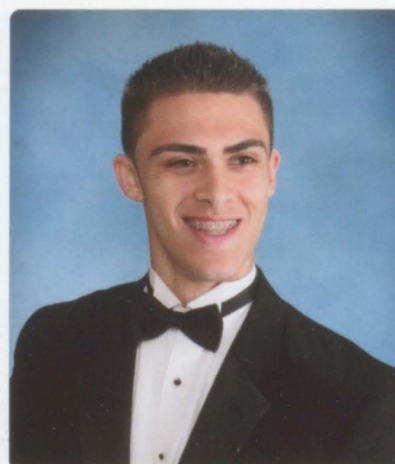
Debate 9-12, Soccer 9-11, Winter Track 10-12, Spring Track 10-12, German Club 9-11

"Be patient and tough one day all this pain will be useful to you."



Maria Gail Haines

FOR Club 11-12, Yearbook 12 "This is the end of the beginning, and the beginning of the end."



Jason S. Hall

Basketball 9-12, Football 10-12, Italian Club 10

"Let your influence direct not dictate."



Reina Hamayama

HONOR SOCIETY

NHS 11-12, Co-president of German NHS 11-12, PHA 10-12, FOR Club 11-12, Track 9-10

"Life is not measured by the number of breaths we take but by the moments that take our breath away."



Daniel Hamlin

Soccer 9, Lacrosse 9-10
"First in, last out."



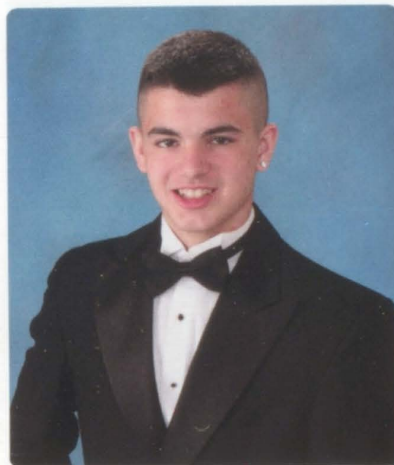
Jonathan Han

Tri-M 11-12, VP 12, Marching Band 9-12, Drum Major 12, Wind Ensemble 10-12, UNICEF 11-12, VP 11-12
"Laughter rises out of tragedy, when you need it the most, and rewards you for your courage" - Erma Bombeck



Mir Cherie Amor Hands

PAWS 9, GSA 11, Prem1ers 11-12
"In the end, it does not matter what you did, but rather what you learned from it."



Matt Harkin

Ice Hockey 9, Wrestling 10
"It's when things seem worst that you must not quit." - Grandpa



JAMIE HELD
HONOR SOCIETY

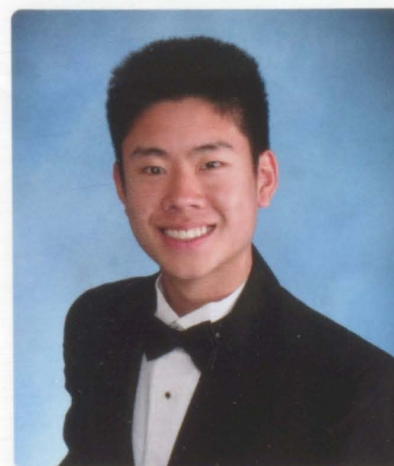
Track 9-12, Cheer 9, PAWS 10-12, Peer Advocates 9-10, Rachel's Challenge 11-12, NHS 11-12

"Ghandi said that whatever you do in life will be insignificant, but it's very important that you do it, 'cause nobody else will."



Nicole Herrmann
HONOR SOCIETY

JV Cheer 9-10* Captain, Varsity Cheer 11-12* Captain, Varsity Lacrosse 9-12* Captain, Prem1ers, Concert Choir Vice President, NHS, German NHS, Tri-M Music Honor Society "Motivation creates the pathway to all your dreams."

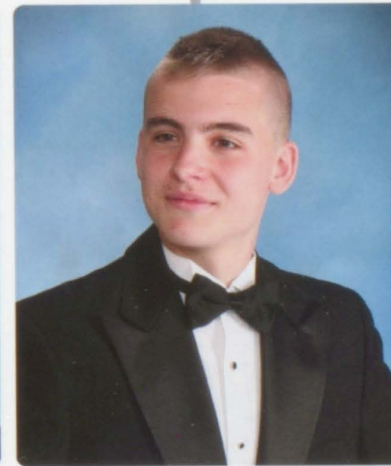


Shawn Ho
HONOR SOCIETY

Tennis 9-12, NHS 11-12, Interact 10-11, REACH 9-11, UNICEF 11-12, DECA 12
"Shoot for the moon. Even if you miss you'll land among the stars." - Les Brown

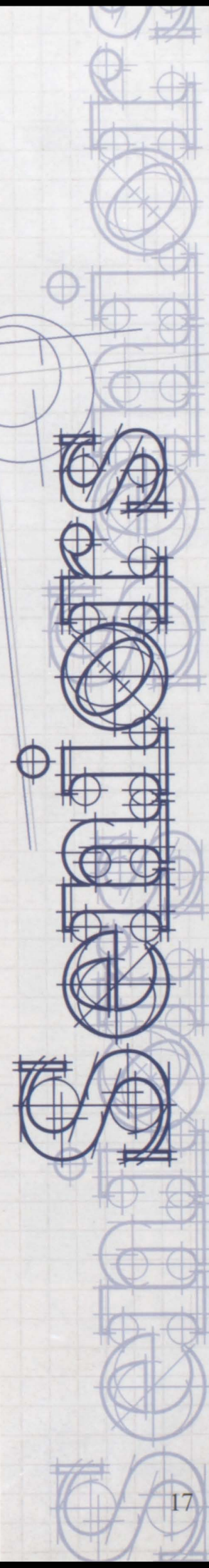


Frank Hoffman

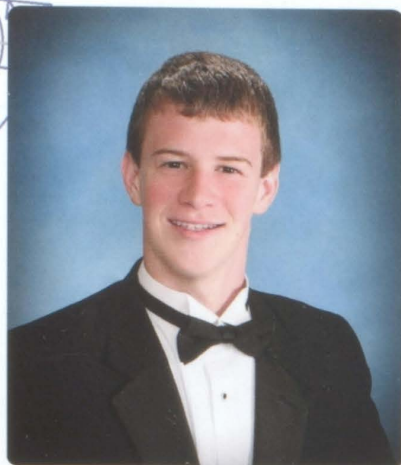


Nicholas S. Holowko

Soccer 9-10
"Add years to your life, but most importantly, life to your years."



BABY CORNER



Michael Hopkins

Ice Hockey 9-12
"Years teach us more than books."



Carly Huff

"I know where I'm going and I know the truth, and I don't have to be what you want me to be. I'm free to be what I want." - Muhammad Ali



Collin Hurst

Track 10-12
"When inspiration does not come to you go halfway to meet it."



Joey Iacovacci

Soccer 10-12



Christine Idouchi

Red Cross 9-12, Debate 9-12, Orchestra 9-12, Chamber Strings 11-12, UNICEF 11-12, NHS 11-12, Tri-M 11-12



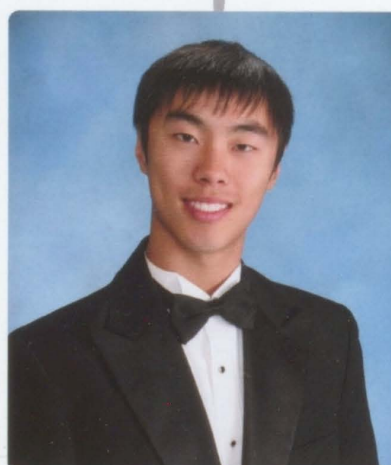
Melissa Iturralde

Swimming 10-12, Lacrosse Manager 11-12
"Happiness is not something ready made, it comes from your own actions."



Janice Jacob

ERASE 9-12, Yearbook 12, NHS 12
"The Lord Himself goes before you and will be with you; He will never leave you not forsake you. Do not be afraid; do not be discouraged."
- Deuteronomy 31:8



Benjamin Jen

Tri-M 11-12, NHS 11-12, Wind Ensemble 9-12, Jazz Ensemble 9-12, Marching Band 9-12, Band 9-12, UNICEF 11-12, DECA 12, Tennis 9-12, Soccer 9-12
"The best time and day of the week: Sunday morning!" - Carlo Antonio



Jun Jie Jaydon Jia



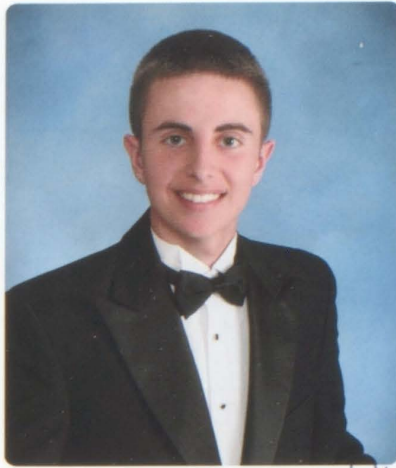
Alexandra Johnsrud

PAWS 9-12, PHA 9-10
 "Don't cry because it's over smile
 because it happened." - Dr. Seuss



Christian Jones

"Half as long twice as bright."



Joseph Joy

Baseball 9-12
 "You miss 100% of the shots you don't
 take." -Wayne Gretzky



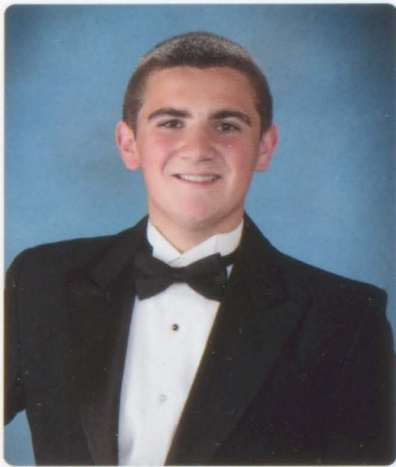
Siran Kaprielian

HONOR SOCIETY
 NHS 11-12, LEAP 11-12
 "Dream as if you will live for ever, live
 as if you will die today."



Kevin Kavak

"Better to remain silent and be thought
 a fool than to speak out and remove all
 doubt." - Abe Lincoln



Alex Kellenberger

HONOR SOCIETY
 Ice Hockey 9-12, Golf 9-12, NHS 11-12,
 GHS 11-12
 "Winning isn't everything, it's just the
 only thing that matters."



Jasmeen Khan

"Many people come in and out of our
 lives but very few leave footprints on
 our hearts."



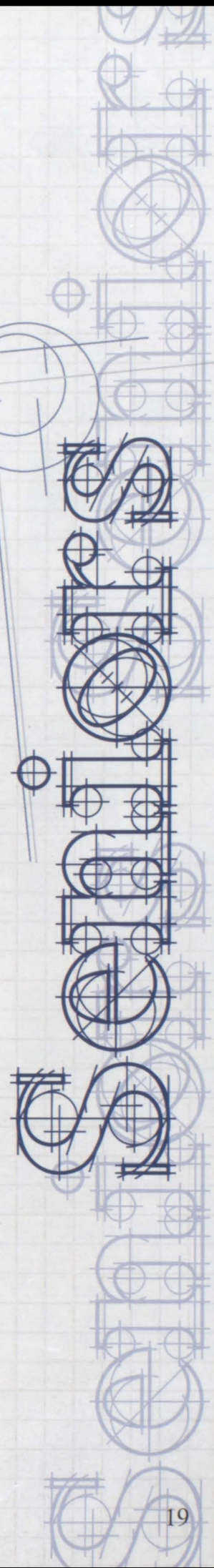
Vijay Khilnani

Bowling 10-12, Tennis 9
 "Why go to college when you have
 Google."



Albert Kim

HONOR SOCIETY
 Debate Club 10-12, NHS 11-12
 "Be yourself; everyone else is already
 taken", Oscar Wilde



BABY CORNER



Alyssa Kim

Soccer 9, Spring Track/Field 9-10, German Honors Society 11-12



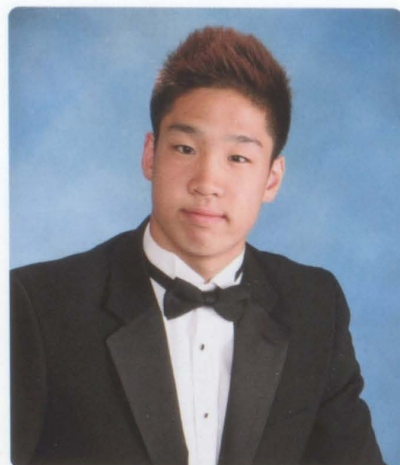
Amy (ChaeYoon) Kim

Bowling 9-12, Marching Band 9-12, PHS Ambassadors 9-12, Teen-Agers, Art 10, PAWS 10, Pure Hearts 10-12, Unicef 11-12, Wind Ensemble 11-12, DECA 12, Tri-M Honor Society 12 "I can do everything through him who gives me strength."
- Philippians 4:13



Andrew Kim

Christian Club 10-12, Winter Track 10 "Be yourself because everyone else is already taken." - Oscar Wilde



Eric Kim

Swimming (captain) 9-12, Science League 11, Christian Club 9-11, Teen-Agers Club 9-10, Student Government 10, Secretary 10, Peer Tutor 10-12



Eugene Kim



Heidi Kim

Student Government 11-12, NHS 12, FOR Club 11-12, Prose 11, Musical 11-12 "Shoot for the moon. Even if you miss, you'll land among the stars."



Minsun Kim

Teenagers Club 9-12, NHS 11-12, Concert Choir 9-12, Premiers 12 "Everyone thinks of changing the world, but no one thinks of changing himself."
- Leo Tolstoy

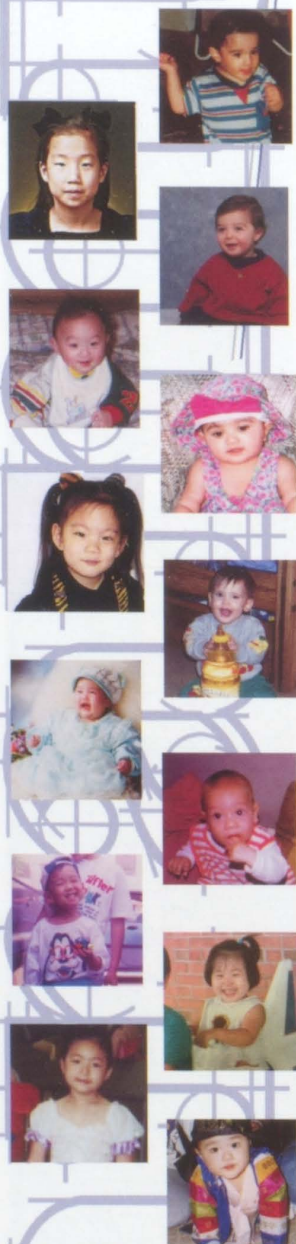


Sam Kim



Yun Seon Ashley Kim

Marching Band 9-12, Teen-Agers 10-12, Orchestra Club 10-12, Tri-M Music Honor Society 11-12, Wind Ensemble 10-12 "There is always something to be happy about."





Kenny Kneitel

Swim 9-12

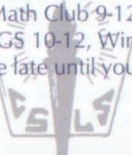
"Keep moving forward cause if you're not you're moving backwards."



Brian Kocak

HONOR SOCIETY

NHS 11-12, Math Club 9-12, Computer Club 9-12, VGS 10-12, Winter Track 9
"You can't be late until you show up."



Mark Aaron Kolodkin

Lacross 9-12, Cross Country 11-12, DECA 10-12

"Some people make things happen, some watch others make things happen, and some wonder what happened."



Rachel Rose Kordell

Band 10-12, Color Guard 9-12, Color Guard Captain 2012, Choir 9-12, Musical 10-12 "You can only wonder what would've happened if you didn't try." - Rachel Kordell



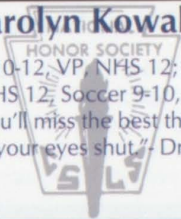
Meera Kothari

DECA 12, Yearbook Committee 12
"Wake up every day stronger than yesterday, face your fears, and wipe those tears."



Carolyn Kowalski

Interact 10-12, VP, NHS 12; Treasurer, Italian NHS 12; Soccer 9-10, Softball 9-12 "You'll miss the best things if you keep your eyes shut." Dr. Seuss



Tom Kristo

"Let life run its course."



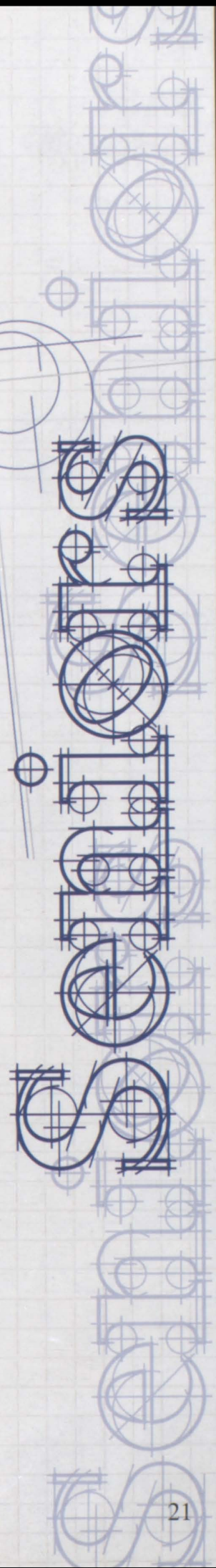
Hitomi Maria Kuriki

Orchestra 9-10, Swim Team 9-12, Track 9, Teen-Agers 10-12, PAWS 9-10, Red Cross 9-10
"Everyone is different, but everyone thinks they're the only ones that are different."



Heechan Joseph Kwak

Marching Band 9-12, Wind Ensemble 9-12, Orchestra 9-12, Christian Club 9-12, Chinese Club 11-12, Teenagers Club 9-12, Tri-M 11-12, NHS 11-12
"Music socially, emotionally, and mentally changed my life."



BABY CORNER



Anthony Lacorte



Shyam Lad

Spring Track 9-10, Swim Team 10-12,
Odyssey of the Mind 11-12
"To the degree we expect respect; to
that degree will be quarrelsome."
- Radhanath Swami



Brian Lama

Soccer 10-12, Golf Captain 10-12,
Spanish Club 12
"Challenge accepted." Barney Stinson



Kristina Lama

Soccer 9, Softball 9, Basketball 9-10,
Spanish Club 11-12
"Enjoy the little things in life, for one day
you'll look back and realize they were
big things."



Priscilla Lau

Choir 10-12, Prose 11-12, Cross American
Culture 11-12, GSA 12, Interact 12, Chinese
Culture 12, Yearbook 12
"Today is the oldest you've ever been and
the youngest you'll ever be again."

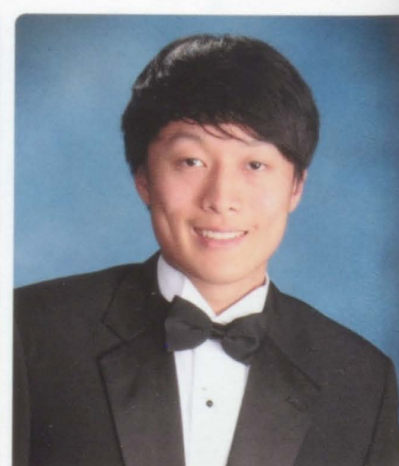


Connor Laubsch

"Just go with the flow."



Tennis 9-12, NHS 11-12, Unicef 11-12



Gyuho Lee

Orchestra 9-12, Tennis 9-11, Christian
Club 12



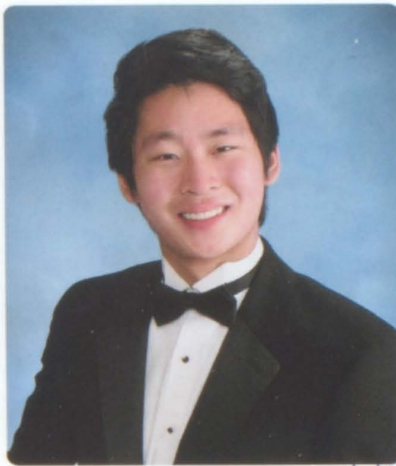


Katherine Lee

HONOR SOCIETY
Orchestra 9-12, Chamber Strings 11-12,
Tri-M 11-12, German HS 11-12
"The more you know the more you
know you don't know."



Kelly Lee



Sol Lee

Marching Band 9-12, Wind Ensemble 9-12,
Jazz Band 9-12, Christian Club 9-12, Tri-M
12, DECA 12, Wrestling 9, Ski & Board 9-10,
Unicef 11-12, Student Government 9
"Treat others the way you want to be
treated."



Connor Leitch

"Where we're going...we don't need
roads."



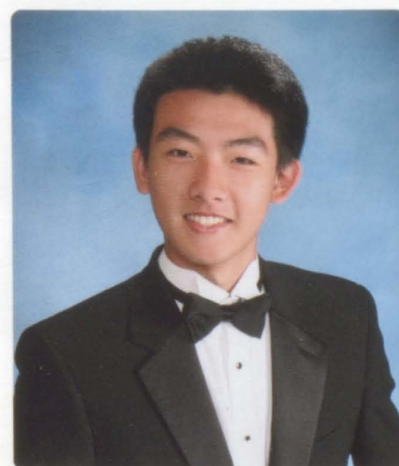
Melody Lenda

DECA 11-12, Spanish Club 11-12, Pure
Hearts Association 11-12, FOR Club 11-
12, Red Cross 11-12
"Live every new day artfully."



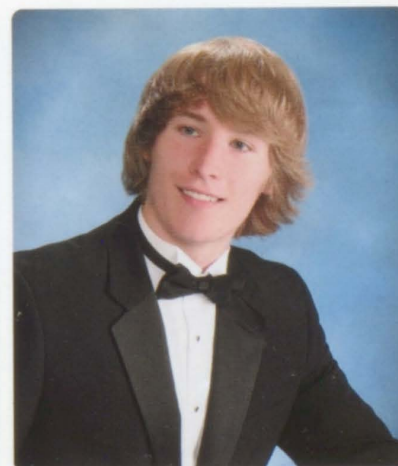
Annie Caroline Lesmes

Soccer 9-10, Spring Track 10, Spanish
Club 11-12, DECA 12, Spanish Honor
Society 11-12 "To get somewhere
you've never been, you have to do
something you've never done."



Kenneth Leu

Winter Track 10-12, Spring Track 9-12,
German Club, Orchestra 9-10
"Only at our lowest point, are we open
to the greatest change." - Avatar Aang



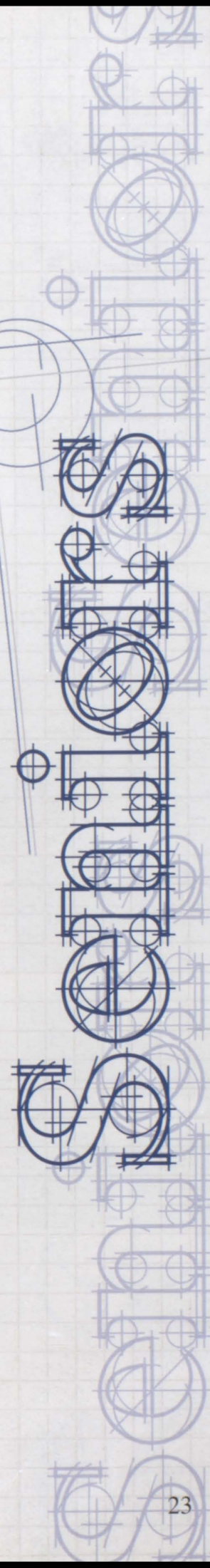
Aaron Lieber

Ski Club 9-12
"If you fall, don't give up because you
fell and hurt yourself for no reason."

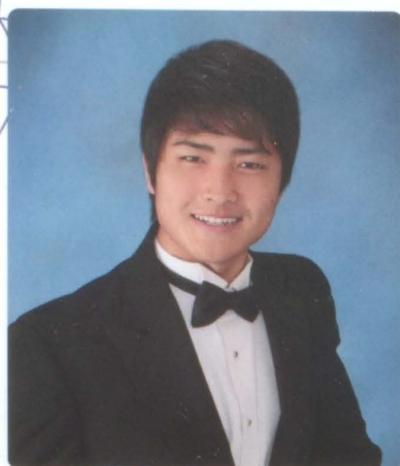


Rebecca Light

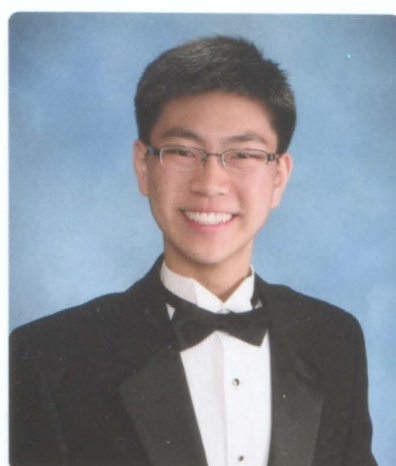
HONOR SOCIETY
Pure Hearts 9-12, NHS 11-12
"Believe in what you feel inside. And
give your dreams the wings to fly."



BABY CORNER



Hajin Lim



Alex Lin

HONOR SOCIETY
Math Club 9-12, History Bowl Captain 9-12, Interact 9-12, Senate 9-12, Vice President 9-10, Peer Tutor 9-12, Bowling 9-12, Tennis 12, NJGSS 2012

"People say nothing's impossible, but I do nothing everyday." -Winnie the Pooh



Justin Link

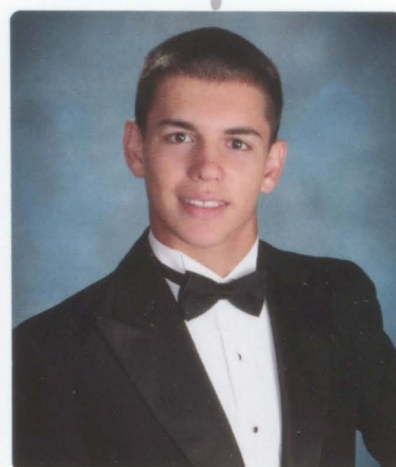
DECA 9-12, Debate 10-12, Golf 9-12, Basketball 9-12, Odyssey of the Mind 11

"The world needs ditch diggers too." -Judge Smalls



Adrian William Londono

Soccer 9-12 captain
"Live the life you want to live because time is essence."



Brandon LoPresti

HONOR SOCIETY
Wrestling 9-12, Baseball -12, NHS 11-12 "When you are going through something hard and wonder where good is, remember the teacher is always quiet during a test."



Robbie Loveless

PAWS 9-12
"If you don't stand for something, you'll fall for anything."



Dylan Lowery

Stage Crew 12



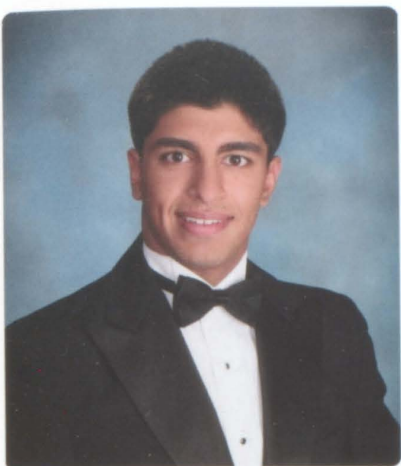
Jackie Lucas

Hand in Hand 11-12, Paws 11, Bowling 12
"Imagine all the people sharing all the world." -John Lennon



Ashe Magalhaes

HONOR SOCIETY
Track 9-12, Soccer 9-10, Tennis 11-12, Debate Club 10-12, Snowboarding Club 9-12, NHS 11-12, Spanish Honor Society 11-12
"It's true hard work never killed anybody, but I figure, why take the chance?" -Ronald Reagan



Pavan Mahtani

Football 9-10, Basketball 9-10/12, Interact President 11, Winter Track 11, Spring Track 11, RYLA 11, Debate 11-12, DECA 12, Spanish Honor Society 12, Class Senator 12
 "I am ready to face any challenges that are stupid enough to face me."



Rasha Mahtani

HONOR SOCIETY
 Pure Hearts 10-12, Interact 11-12, Track 9-10, NHS 12, VP 12
 "The way I see it, if you want the rainbow, you gotta put up with the rain."



Natessa Mallalieu

Stage Crew 9-12
 "Take me back, take me back to the place where I could feel your heart
 Is this the end or just the start of something really really beautiful."



Brandon Manosalvas

Football 9-12 Captain
 "We are what we repeatedly do. Excellence, then, is not an act, but a habit." -Aristotle
 "Step One, Again!" -Brian Doyle



Anthony Marshall



Kristin Mason

Soccer 9-12 Captain, Basketball 9-10, Bowling 11-12, Softball 9, 11-12
 "Hard work beats talent when talent fails to work hard." -Taras Brown



Nicole Massoud

HONOR SOCIETY
 Drama 9-11, NHS 12
 "Yes, the past can hurt, but the way I see it, you can either run from it, or learn from it." -Rafiki
 1 Timothy 4:12



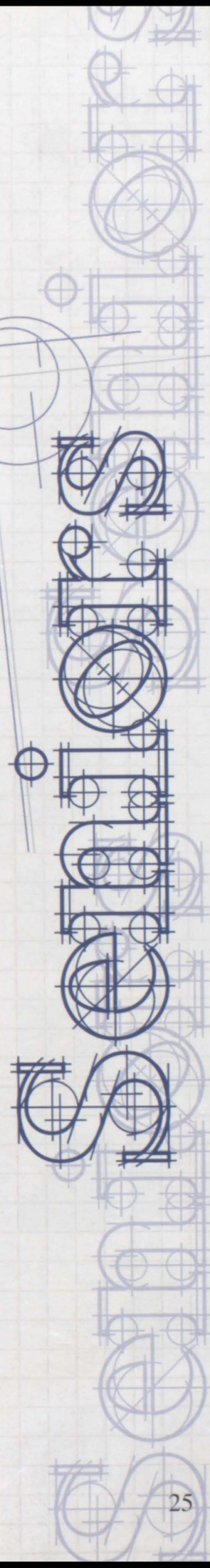
Jennah Matari

Interact 9-12, Red Cross 9, FOR Club 11-12



Juliana Mazzone

Ambassadors 9-12, Backstage Crew 9-10, GSA 11-12
 "The best is yet to come."



BABY CORNER



Stephanie McCabe

Softball 9-12, Soccer 9
 "In three worlds I can sum up everything I've learned about life: It goes on."



Nicole Medvitz

HONOR SOCIETY
 NHS 11-12, DECA 11-12
 "Believe in yourself. Have faith in your abilities. Without a humble but reasonable confidence in your own powers you cannot be successful or happy." - Peale



Jessica Melillo

Marching Band 9-12, Concert Band 9-12, Swimming
 "Don't cry because it's over, smile because it happened."



Dan Melon



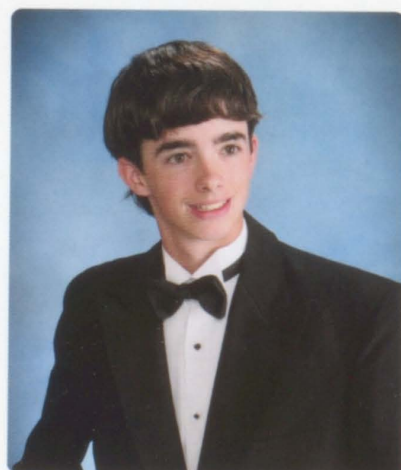
Kristina Marie Menhinick

Choir 11-12, Spring Musical 10-12, FOR Club 11-12, Yearbook 12
 "Shoot for the moon. Even if you miss, you'll land among stars."



Danielle Mercado

HONOR SOCIETY
 Volleyball 9-12, Captain 12, NHS 11-12
 "Float like a butterfly, sting like a bee."
 - Muhammad Ali



Daniel J. Meyers

Baseball 9-12, Soccer 9, DECA 12
 "A person should not believe in an -ism, he should believe in himself."
 - Ferris Bueller



Emily Miko

Swimming 9-12
 "Love is just a game."



Miranda Mitchell





Ashley Moffitt

Soccer 9-10, French Club 10,
Interact 11

"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses." - Abraham Lincoln



Hussain Mohammad

Interact 9-12, ERASE 9-11, Tennis 10,
Wrestling 9-11

"If practice makes perfect, but nobody is perfect, then what's the point of practicing?" - E.K.



Nikki Molfetas

Volleyball 9-12, Captain 12

"When I stop to think of the tremendous consequences that come from little things I begin to realize there are no little things."



Johnny Mordaga

"Don't just sit back and let time pass you by."



John Morella

Basketball



Matthew Morgana



Azita Moussavian

Volleyball 9, Varsity Cheerleading 11-12, Yearbook Club 12

"How people treat you is their karma, how you react is yours."



Jennifer Munoz

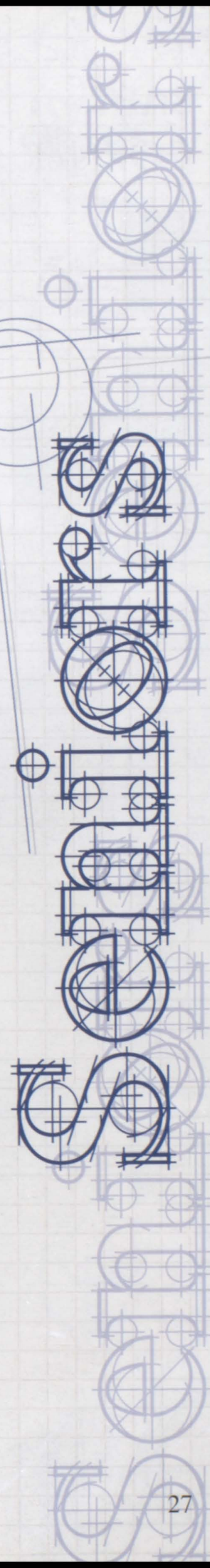
FOR Club 11-12

"Never a failure, always a lesson."



Momoko Murakami

Basketball 11



BABY CORNER



Benjamin Murphy

Computer Club 9-12, Videogame Club 9-12



Kevin Nafash



Muhammad Nathoo

HONOR SOCIETY
Class Treasurer 10-12, Senate VP 9-12, Math Club VP 9-12, Spanish Honor Society, Bowling 10-12, Tennis 9-12
"People say nothing's impossible, but I do nothing everyday."
-Winnie the Pooh



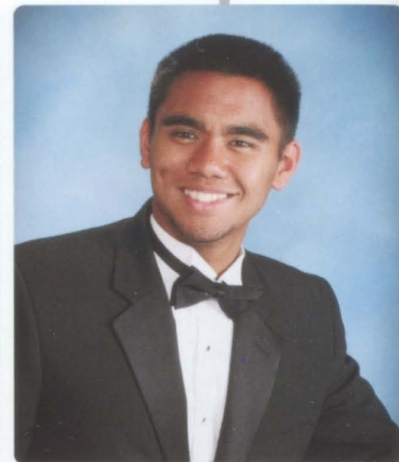
Dean Larry Newman

Lacrosse 11-12



Kristina Nicholas

HONOR SOCIETY
Tennis 9-12, Basketball 9-10, Spring Track 9-10, DECA 9, Red Cross 11-12, German 9-12, GHS 11-12, NHS 11-12
"If opportunity doesn't knock, build a door."
-Milton Berle



Patrick Joseph Nobleza

Football 9-12, Wrestling 10, Spring Track 11-12, Winter Track 12



Seun Odusola

Prose 11, NSHSS 10-12, Art 11-12, Italian 11-12, Delphian Yearbook 11-12, Interact 12, Basketball 12, Softball 11-12

"Don't cry because it's over, smile because it's happened." - Dr. Seuss



Andrew Oh

Track 9-10, Red Cross Club 11-12
"Do not cut what you can untie."



Sharon Okechukwu

Volleyball 9-11, Cheerleading 12
"Sometimes you just need to take a step back from everyone and everything to focus on your goals and what it will take to reach them."





Steven Padovano



Inho Paeg

Tennis 10-11, Winter Track 11-12
"Life is good."



Bianca Pagano

INHS President 12, Yearbook Editor-In-Chief -12
"Life isn't always what you expect it to be. It's what you make of it that counts."



Jennifer Pagliaro

HONOR SOCIETY
Choir 9-12, Premiers 11-12, Color Guard 10-12, Captain 12, Tri-M 11, Corr. Secretary 12, Prose 10-11, President 12, German Club 9-12, German NHS 11-12, Ambassadors 9-12, Musical 10-12
"Life is always happy when it is expressing itself" - Jack London



Gianna Paladino

HONOR SOCIETY
Cheer 9-10, Interact 9-12, NHS 11-12
"Keep your head high, keep your chin up, and most importantly keep smiling because life's a beautiful thing and there is so much to smile about."



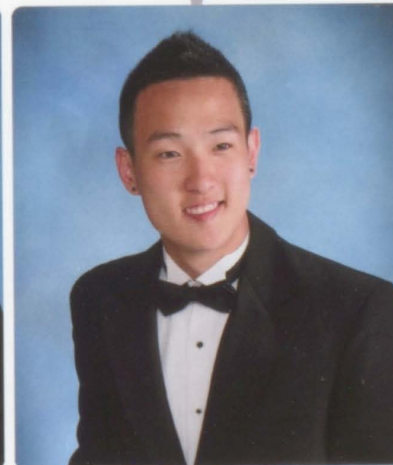
Stephanie Pallotto

Soccer 9-12, Captain, Basketball 9-12, Captain, Softball 11-12
"Keep your heart above your head and your eyes wide open"
- Zac Brown Band



Kevin Park

HONOR SOCIETY
Chess 9-11, Teenagers 9, NHS 11-12, WLHS 11-12, Peer Tutor 10-12



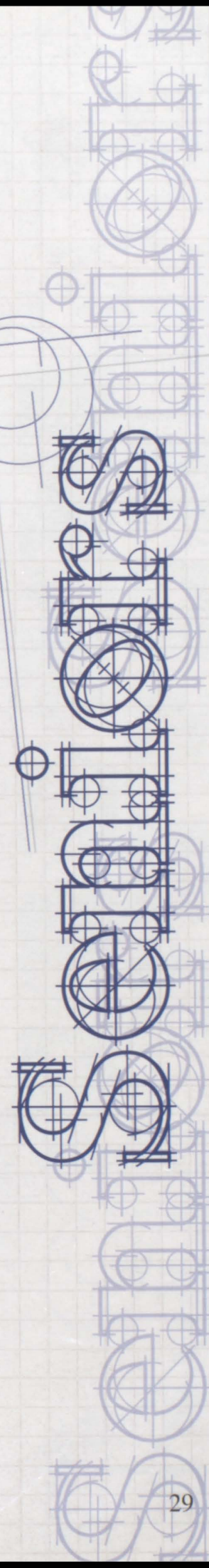
Yujune Kevin Park

HONOR SOCIETY
NHS 11-12
"Freedom is acknowledging the mask you have on and possessing the strength to take it off. Freedom is accepting every step of the path and when it's hard, having faith in the ability to embrace that."



Samuel Passera

Lacrosse 9-12, Cross Country 9
"Don't cry because it's over, smile because it happened."



BABY CORNER



Kripa Patel

Marching Band 9-12, Knitting Club 11-12, Art Club 9-12
 "Don't let people's compliments get to your head and don't let their criticisms get to your heart."



Nupur Patel

NHS 11-12, Pure Hearts 10-12, Interact 9-12, Peer Tutor 10-12, Yearbook 12
 "We dream to give ourselves hope. To stop dreaming well, that's like saying you can never change your fate."



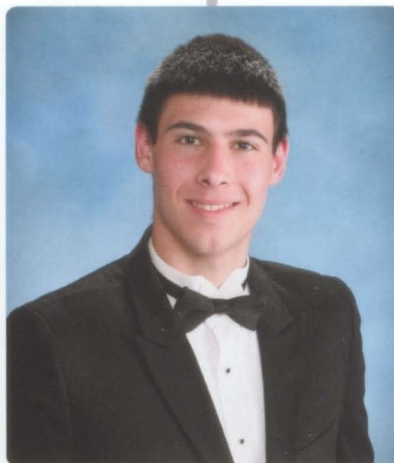
Shil Patel

Winter Track 9-12, Lacrosse 9-12, Debate 10-12, Interact 10-12, NHS President 11-12
 "Me fail English? That's impossible." - Ralph Wiggum (The Simpsons)



Shreya Patel

NHS 11-12, Winter Track 10, Interact Club 10-12, Secretary of Interact Club 12, DECA 12
 "Only a life lived for others is a life worthwhile."



Matthew Pechman

Basketball 9-12
 "Don't let making a living prevent you from making a life."



Nessa Perez

FOR Club 11-12
 "There's a thin line between genius and insanity, I have destroyed that outline." - Oscar Levant



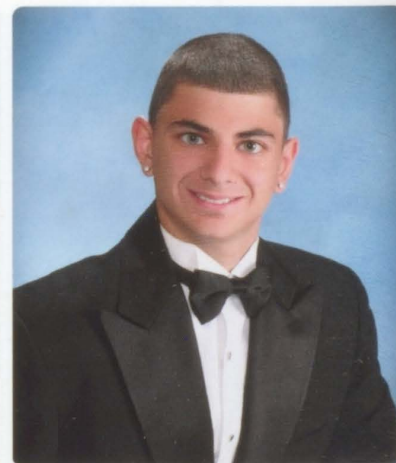
Arun A. Phillip

Paramus Marching Band Drum Captain 9-12, Concert Band 9-12, Wind Ensemble 9-12, Jazz Band 9-12, PremTers 10-12, Pure Hearts 11-12, Christian Club 10-12, Computer Club 9-12, Tri-M 11-12, NHS 11-12
 "Is this the Krusty Krab?"



Sarah Phillips

GSA Vice President 11-12, National Honor Society 12, Italian National Honor Society 12, FOR Club 11-12
 "... No, This is Patrick!"



Dan Piazza

XC 12, Winter Track 10-12, Spring Track 9-12
 "You can love me or hate me I swear it won't make me or break me."
 -Lil Wayne





Samantha Pittari

"You may not always end up where you thought you were going, but you will always end up where you were meant to be."



Julia Previlon

"I dance, sing, act. Life is like riding a bicycle. To keep your balance, you must keep moving. I may not have gone where I intended to go, but I think I have ended up where I needed to be."



Hashir Qazi

"When a resolute young fellow steps up to the great bully, the world, and takes him boldly by the beard, he is often surprised to find it come off in his hand, and that it was only tied on to scare away the timing adventures." - Ralph Waldo Emerson



Hiba Rahman

"In the end it's not about what you have. In the end, it's all about where you wanna go...You only got one life to lead. So don't take for granted those little things. Those little things are all that we have." -ADTR



Mervin Razon

"Live Your Passion." -2016 Summer Olympic motto



Gowry Reddy

HONOR SOCIETY
Red Cross 9-12, ERASE 9-12, Orchestra 9, Choir 9, NJ Science League 9-12, NHS 11-12, NSHS 11-12, Amaranth 11-12, Varsity Debate 11-12, Forum Press 9, Hand-In-Hand 10, R.E.A.C.H. 10-11, Peer Tutor 9-11
"Reach for the Stars."



Stephen Renczulli

HONOR SOCIETY
Wrestling 10-12, NHS 11-12

"They can because they think they can."

-Virgil



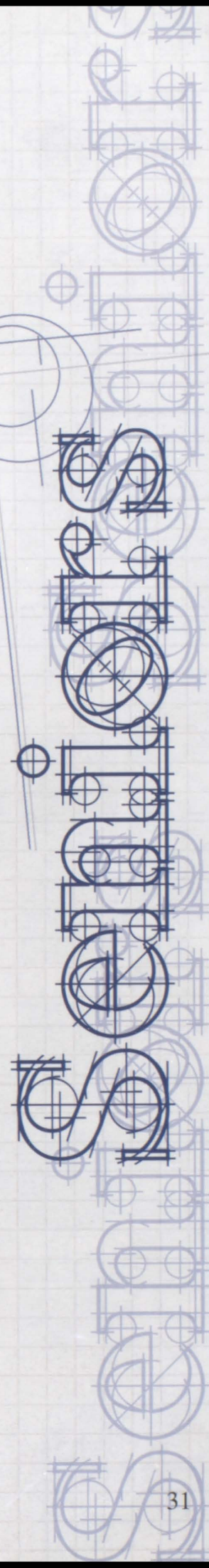
Alexander Reyes

"Life is a gamble and I'm all about my poker chips." PS. Eddie Reilly was right.

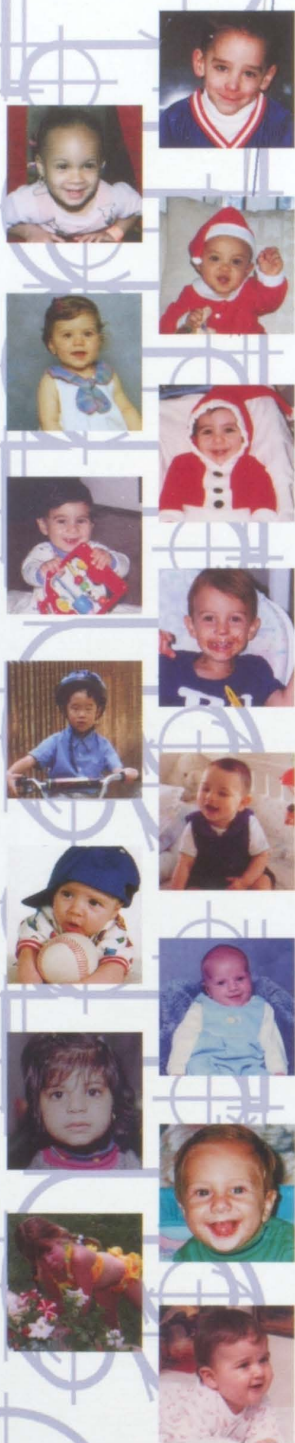


Daniel Rezae

"If you even dream of beating me you'd better wake up and apologize"
- Muhammad Ali



BABY CORNER



Raphael Rezkalla

HONOR SOCIETY
Debate 10-12, Odyssey of the Mind 11-12, French Club 9-10, Chem Club 10-11, NHS 11-12

"True terror is to wake up and discover that your highschool class is running the country." -Kurt Vonnegut



Rebecca Rivera

FOR Club 11-12

"Put your future in good hands, your own."



Dylan Rizer



Dana Rizzo

Tri-M 11-12, Chamber Strings 11-12, Choir 12, Orchestra 9-12, Softball 9-10
"Everything happens for a reason."

-Anonymous



Giuseppe Rizzolo Jr.

DECA 9-12

"We are the future and we're here to stay."



Dan Roh

"Life is simple, you make choices and don't look back."



Joshua Rollins

Football 9-12, Baseball 9-12
"It's been real."



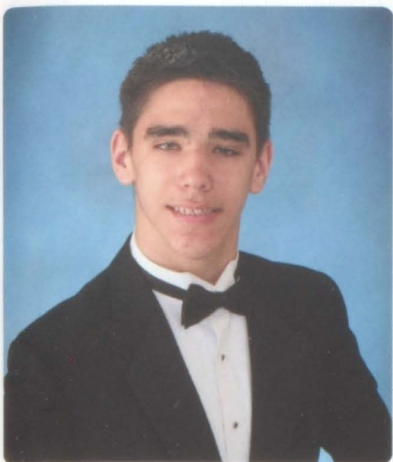
Imaan Roowala

Interact 9-12, ERASE 9-10, DECA 9, Basketball 9-10
"To err is human; to forgive is divine."



Christie Rossini

"You're gonna miss this, you're gonna want this back, you're gonna wish these days hadn't gone by so fast."
-Trace Adkins



Jake Rossini

The Chin Away!!!!!!



Restituto Ruiz III

Football-9, Weight Room 9,10,12
"Success is my only option, failure never will be."



Matthew Saardi

DECA 11, Spanish Club 11
"Money may not buy happiness, but I'd rather cry in a Ferrari than on the bus."



Chris Sabo

Football 9-12, Hockey 9-12
"Life is a lottery, I hope my number gets picked."



Brian Salamanca

Winter & Spring Track & Field 9-12 "I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living, it's a way of looking at life through the wrong end of a telescope. Which is what I do, and that enables you to laugh at life's realities."
- Dr. Seuss



Tej Savalia

DECA 10-12, Interact 10-11, Math Club 10-12, Teenager 10
"I want to stand as close to the edge without going over. Out on the edge you can see all the things you can't see from the center."
- Kurt Vonnegat Jr.



Matthew Schneider

Winter Track 11-12, Spring Track 11-12
"Moments pass, memories last."



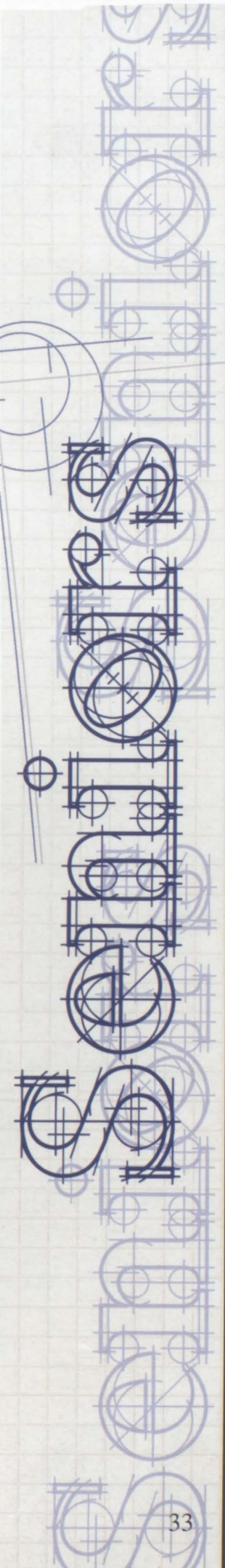
Jonathan T. Scrivanich

Captain of PHS Swim Team 9-12, Ambassadors Club 9-12
"I don't go looking for trouble, trouble usually finds me." -Harry Potter



Mike Secreti

Winter Track & Field 9-12, Spring Track & Field 9-12, Cross Country 10-12,
"A school year is 180 days. An education takes a lifetime."



BABY CORNER



Ashley Shah

Ambassadors 9-12, Choir 9-10, Debate 10-12, Interact 9-12 "My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor and some style." -Maya Angelou



Tracy Shao

HONOR SOCIETY
"Tri-M 11-12, Orchestra 9-12, Marching Band 9-12, DECA 10-12, Debate 11-12 You are more loved than you will ever know by someone who died to know you." -1 John 4:9-10



Greg Shappiro

"If you only do something with half an effort, how can you expect a full result?"



Kanan Sharma

HONOR SOCIETY
ERASE 9-12, ERASE Officer 11-12, NHS 11-12, Yearbook 12 "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." -Maya Angelou



Samantha Shatkin

HONOR SOCIETY
Pure Hearts 9-12, NHS 11-12, Spanish Honor Society 11, Choir 9,10,12, Yearbook Club 12
"By the time I recognize this moment, this moment will be gone."
-John Mayer



Esther J. Shin

Christian Club 9-11, Ski Club 9-10
"I don't want to be a person with full hands resting from dreams, but a person full of dreams unable to rest his hands." -Tablo



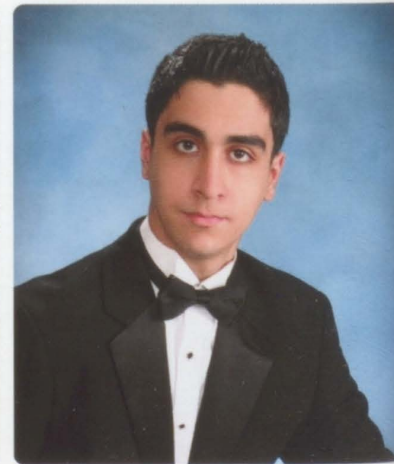
Alexa Shterengarts

Soccer 9-10, Varsity Swimming 9-11, Varsity Lacross 11-12, Captain 12
"I'll see you all at the reunion when you're 30 pounds heavier."



Soham Shukla

Math Club President, Interact Treasurer, Class President 9-10, History Bowl Club Co-Founder "Every person has a unique story to tell and unfortunately, few to listen to." -Soham



Shahryar Siamdoust

Track 12, Bowling 12
"Don't live down to expectations go out there and do something remarkable."





Courtney-Megan Siero

Softball 9-12 Capt.



Ashley Simpson

Soccer 9, Cheerleading 10-12, Softball 9-12, Yearbook 12
"Never let the fear of striking out keep you from playing the game."



Dilpreet Singh

For it Club 11-12
"You must be the change you want to see in the world." -Mahatma Gandhi



Julia Sirazi

"When you're about to give up, remember why you started in the first place."



Srikar Sirikonda

DECA 11-12
"Attack life. It's going to kill you anyways!"



Jade Sobh
HONOR SOCIETY

Football 9-10, Spring/Winter Track 10-12, Debate 10-12, NHS 11-12
"Graduation is only the beginning."



Riddhi Solanki

ERASE 9-12, Interact 9-12, Yearbook 12
"Life is not about finding yourself. It is about creating yourself."



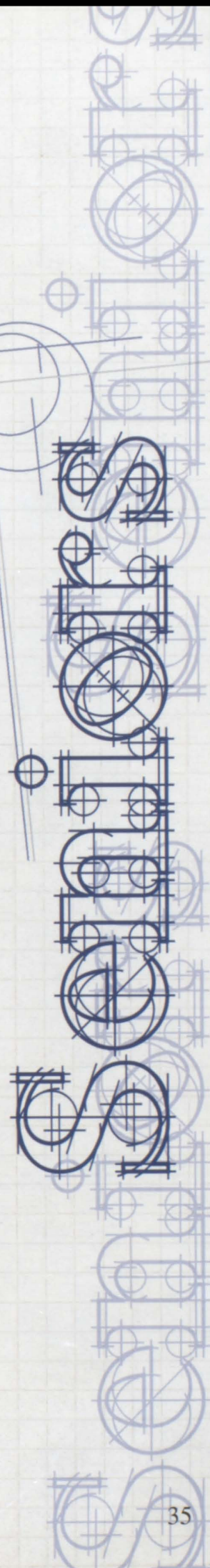
Joshua Song
HONOR SOCIETY

Orchestra 9-12, Chamber Strings 10-12, Jazz Band 10-12, Math Club 10-12, Red Cross 11-12, UNICEF 11-12, Wrestling 9, Tennis 9-12
"Calm down...those who are stuck in the past won't find happiness in the future."



Nick Spinoso
HONOR SOCIETY

Wrestling 9-12, Baseball 9-12, NHS 11-12, Interact 11-12, Italian NHS 11-12

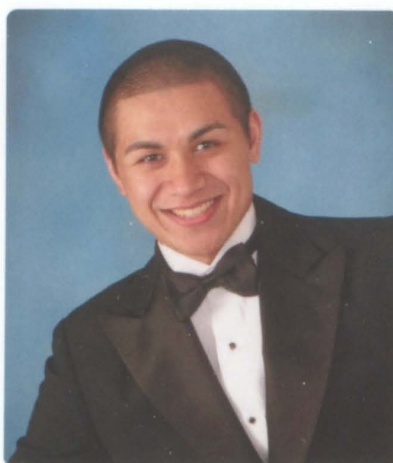


BABY CORNER



Ryan Stallone
HONOR SOCIETY

Swim Team 9-12, NHS PAWS 11-12
"Learn from yesterday, live for today,
hope for tomorrow. The important thing
is to never stop questioning."
-Albert Einstein



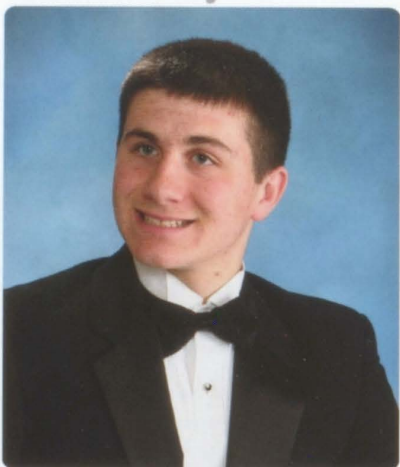
Dimitrios Stathopoulos

ERASE 9-10, Wrestling 10, INHS 11-12
"You can't really think about
anything...you just turn off your brain
and turn on your heart." -Axwell



Seth Stern
HONOR SOCIETY

NHS 12, Secretary, Tri-M 11-12, Band 9-12,
Wind Ensemble 9-12, Jazz 10-12, Tennis 10-
12, Bowling 10-12, Ping Pong 11-12, Creator,
ERASE 11-12 "Success is not final, failure is
not fatal: it is the courage to continue that
counts." -Winston Churchill



Joseph David Michael Stross
HONOR SOCIETY

NHS 11-12, Varsity Lacrosse 9-12,
Capt., Interact 9-10, Soccer 9, Track 10,
Ski/Board Club 9-12
"Don't worry about it!"



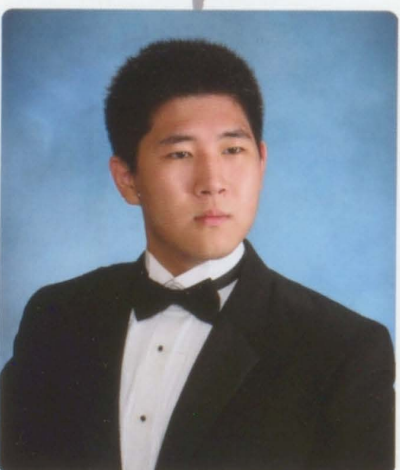
Krista Sullivan

"Always remember to be happy!"



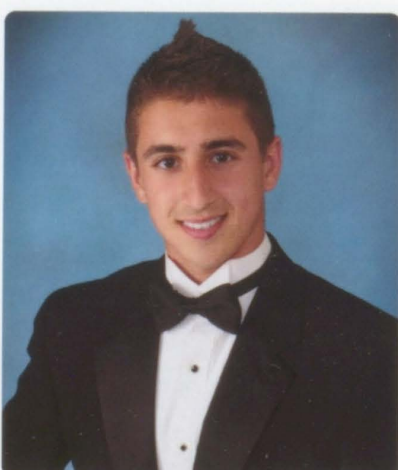
Rushil Surapaneni

Debate 10-12, Soccer 9-12, History
Bowl 10-12, Math Club 10-12, Student
Govt. 9-11, Class Govt. 9-12, Fed
Challenge 11-12, Italian NHS 11-12,
Peer Tutor 10-12 "Success doesn't
come to you, you go to it."



Jamie Takahashi

Orchestra 9-12, REACH 9, Pit 11,
UNICEF 11, Spring Track 11, Cross
Country 12
"Keep moving forward."



Lucas Tasci
HONOR SOCIETY

Soccer 9-12, Varsity Soccer Captain 12,
Winter Track 9-12, Tennis 9, Spring
Track 10-11, NHS 11-12, German Club
9-12, German NHS 11-12 "The only
place success comes before work is in
the dictionary." -Vince Lombardi



Tasha Thachil
HONOR SOCIETY

NHS 11-12, PHA 9-12, Teenagers 9-12,
ERASE 10, German Club 9-12
"Nothing but heaven itself is better than
a friend who is really a friend."



Lisa Thampan

PREMIERS 11-12, Prose 9-12, Choir 9-12, Trim 12, NHS 11-12, Christian Club 11-12, Pure Hearts 10-12, FOR Club 11-12, INTERACT 11, DECA 12 "For what will it profit a man if he gains the whole world and loses his own soul?" - Mark 8:36



Harry Thomson

Swimming 9-12, Spring Track 11-12, Lacrosse 9, Band 10
"Hard work beats talent when talent doesn't work hard."



Yanni Tiro

FOR Club 11-12, PHA 10-12, Orchestra 9-12
"The journey of a thousand miles begins with a single step."



Takuya Tokunaga

Bowling 9-12



Joseph Tomic

Baseball 9-12, NHS 11-12, INHS 11-12, Soccer 9-10



Nicholas Torcivia

Football 9-12, Baseball 9-10, DECA 12, Weight Room 9-12
"I'm Ready." - Spongebob



Christopher Tozzi

Baseball 9-11-12, Interact 9-12, Golf 10
"Hard work beats talent when talent doesn't work hard."



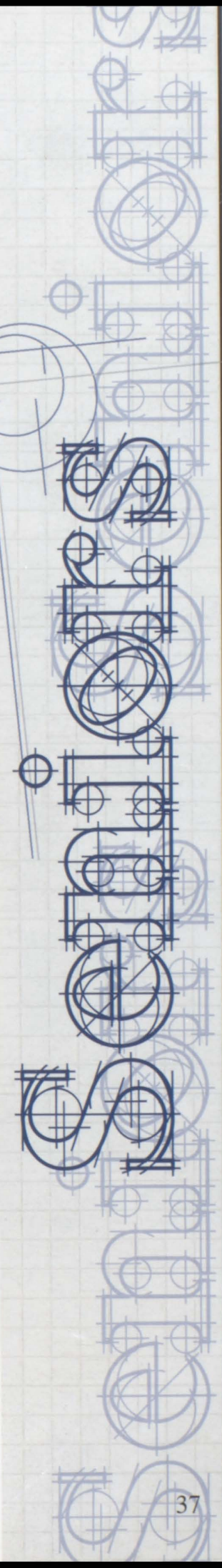
Matthew Tozzi

Football 9-12, Wrestling 9-12, Captain Football/Wrestling



Alison Trunfio

Softball 9-10, Swimming 10-12, Lacrosse Manager 11-12
"Don't tell me our youth is running out, it has only just begun."



BABY CORNER

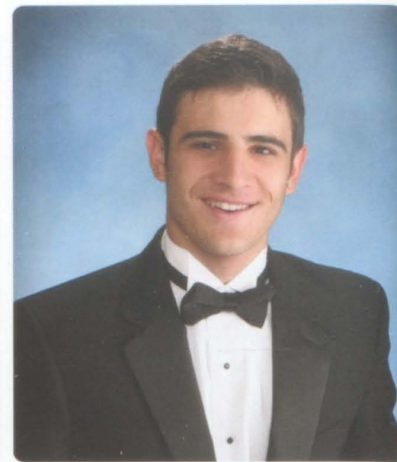


Sebastian Vargas

Soccer 11-12 "If you live a life make believe, your life isn't worth anything until you do something that does challenge your reality. And to me, sailing the open ocean is a real challenge, because it's life or death."
- Morgan Freeman



Leah Veloso



Justin A. Verile

Baseball 9,11, Tennis 12, Debate Team 12
"In this bright future, you can forget your past. So dry your tears and sing with me."



Alexandra Vorontsova

Tennis 10-12, Winter Track 9-11, Spring Track 9-12, Class President 11, NHS 11-12, Yearbook 12, DECA 12
"How many times have you asked yourself this question?"



Richard Waneis

World Language Honor Society



Andrew Wang

Computer Club 9-12, Video Game Club 9-10, Chinese Club 11-12



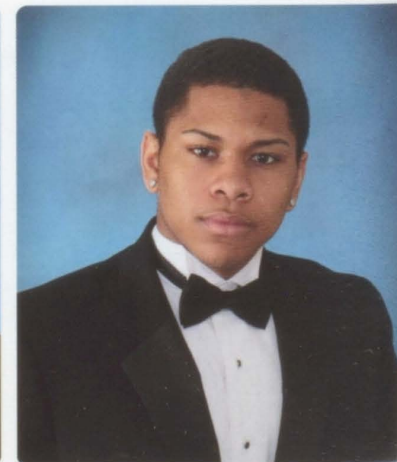
Taroob Waraich

Yearbook 12
"Yesterday was the past. Tomorrow is a mystery, and today is a gift, that's why it is called a present."



Ronald J. Weiss

NHS VP 11-12, GHS 11-12, Baseball 9-12, Soccer 9-12, Basketball 9-10-12, German Club 10-12
"Happy are those who dream dreams and are ready to pay the price to make them come true."



Denzell Whitest

Football 9
"Knowledge is power."



Kristen Windram

Pure Hearts Association, PAWS, Art Club, Musical



Drew Wise

Basketball 9-12, Football 9-10, Track 11-12, German Club 11-12

"Four things for success: work & play & think & believe." -Norman Peale

"Pain is nothing compared to what it feels like to quit." -Unknown



Dwight Spence Wise Jr.

Football 9-12

"Do your job." -Brian Doyle



Carmen Wong

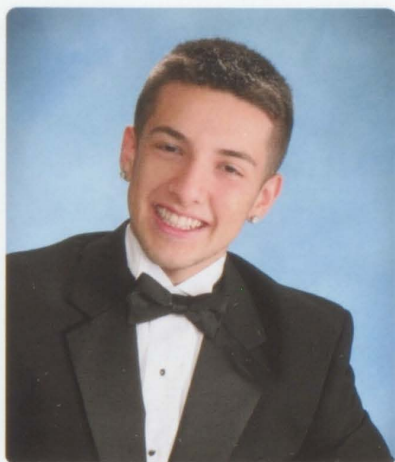
Interact 9-12, NHS 11-12, DECA 12



Cheyenne Wooten

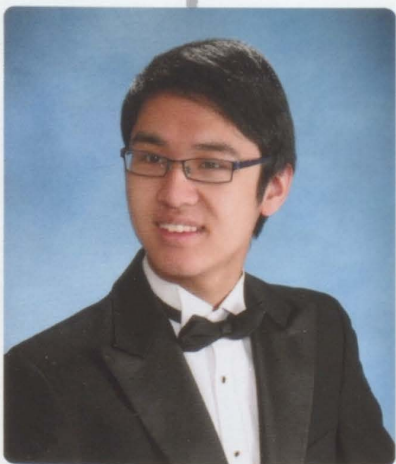
Art Club 9-12, German Club 9-12, Drama 10-12, Knitting Club 11-12, NAHS 12, GHS 11-12

"Art washes away from the soul the dust of everyday life." -Pablo Picasso



Jack Brandon Wright

"Fight for what you love, not for what you hate."



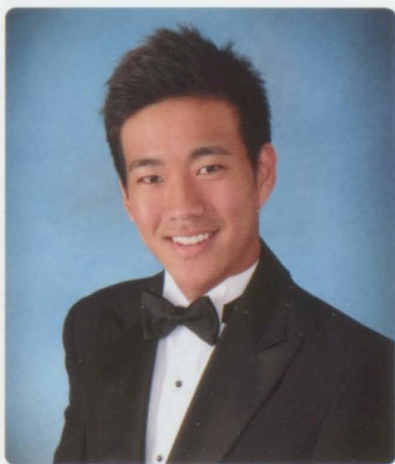
Edmond Wu

Orchestra, Math Club, Computer Club, Tri-M Honors Society, Chamber Strings
"After 5 days of agonizing pain, the cobra died."



Sharon Yang

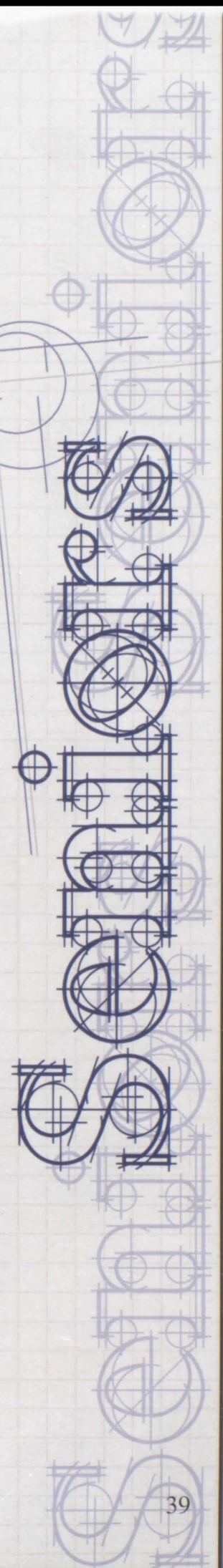
"I'd rather bend than break."



Davis Yoo

Soccer 10-12, Tennis 11-12, PremTers 11-12

"No guts no glory." -Al Romeo

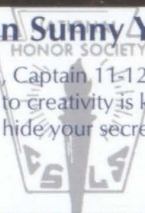


BABY CORNER



Seon Sunny Yoon

Tennis 9-12, Captain 11-12, NHS 11-12
"The secret to creativity is knowing how to hide your secrets."



David York



Jeremy You

Debate 10-12, French 10



Huijiong Yu



Ashley Zahabian

Soccer, GSA, Interact, Weight Training
"Your actions speak so loud I can barely hear what you say."



Amy Zambrano

Winter & Spring Track 9-10, Color Guard 11-12 "God grant me the serenity to accept the things I can not change; courage to change the things I can; and wisdom to know the difference." -Reinhold Niebuhr



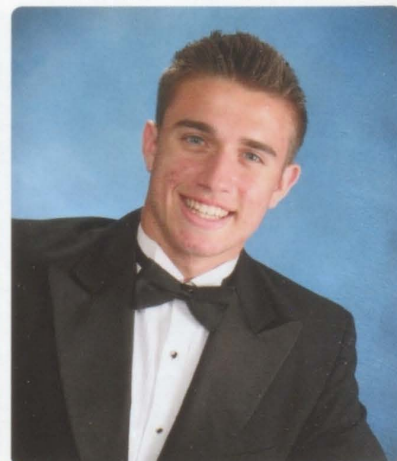
Gabrielle Zeiler

NHS 12, Tr-M 11-12, Choir President 9-12, Prose Co-President, Prem 1ers 11-12, Band 12, Drama 11-12, Musical 10-12, Pure Hearts 11-12, Volleyball 9-10
"Dancing through life."
-Stephen Schwartz's Wicked



Michelle Zhao

Band 10-12, Marching band 10-12, Orchestra 9-10, MSG Varsity 11-12
"Whenever your dreams start to dim don't give up, instead keep going on and let all the mistakes you made in life become valuable lessons. After all nothing good in life comes easy for you."



Aaron Zohar-Bondar

Soccer 9-10, Choir 11
"My neighbor no afford clock radio. Great success!" -Borat Sagdiev



Nikki Zozzaro



Zachary Zysman

HONOR SOCIETY

Football 9-12, Student Ambassador 9-12, NHS 11-12

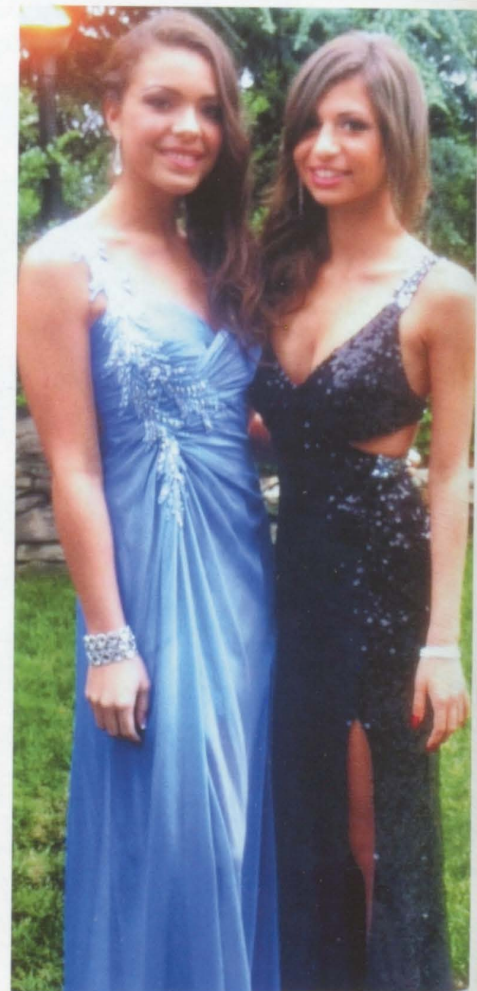
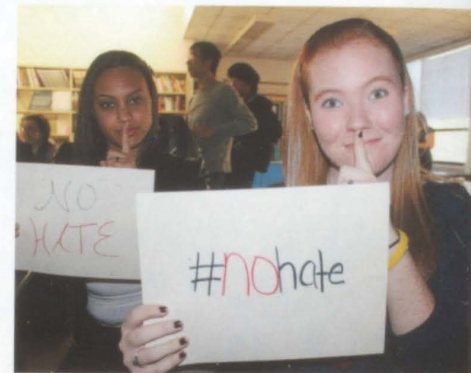
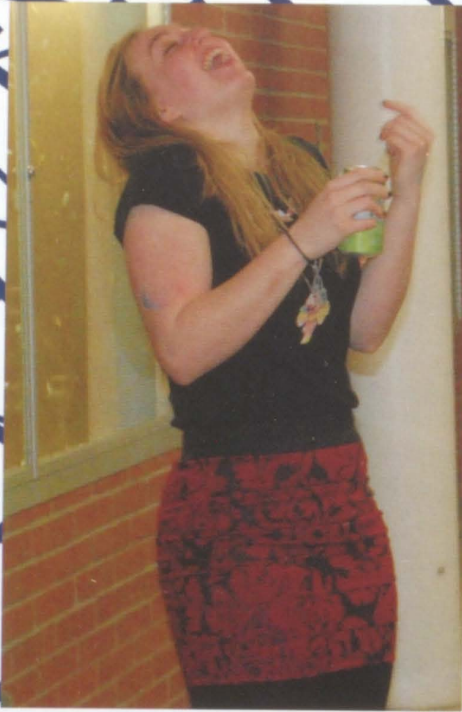
"If you can dream it you can do it."

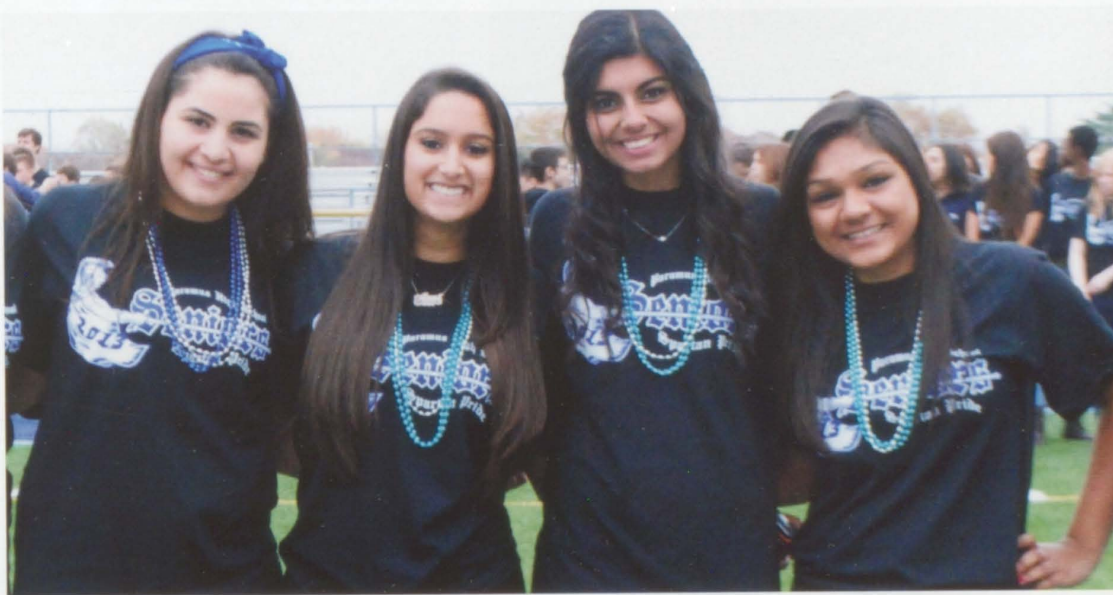
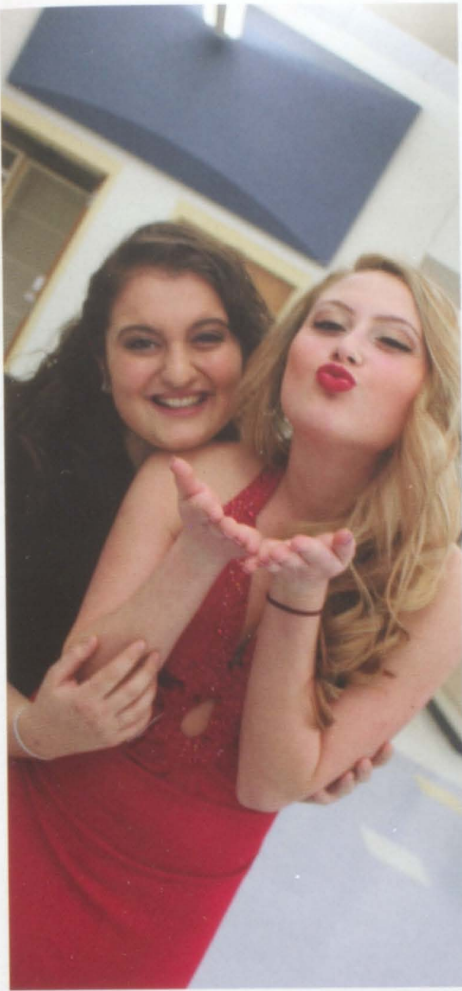
- Walt Disney

Senior

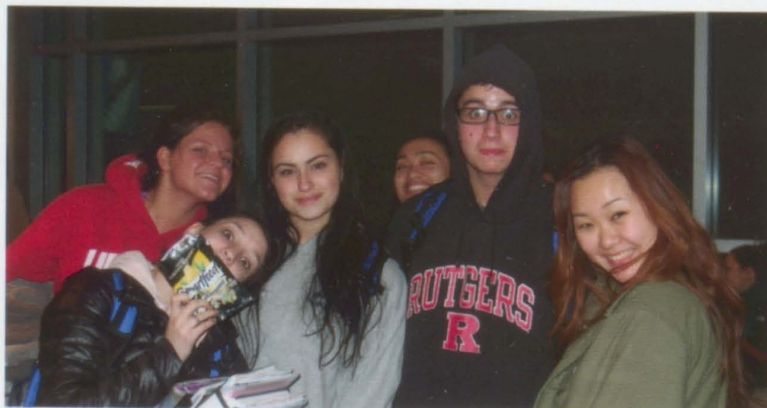
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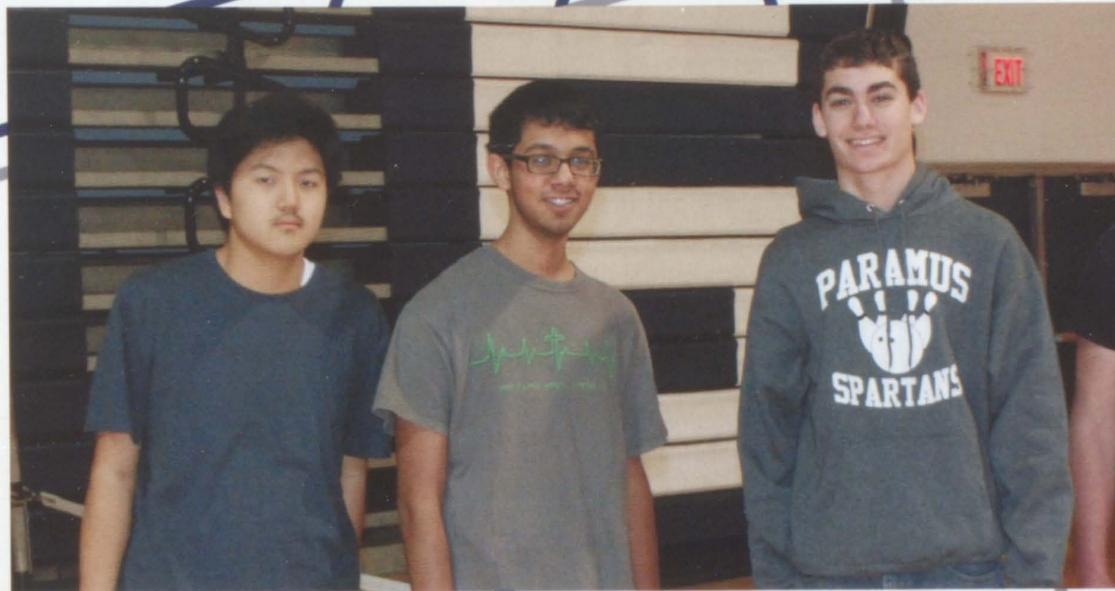
Shoni/ Amy
Nikhil D...
Shreyas Patel
Abhley Moffitt
Ashley Zuhlin
Gulo Lee
Biba Rahman
Carlynn Carmichael
Stephanie McCabe
Bobby Delli Veneri
Sharon Okechukwu
Richard Waneis
Matthew Tozzi
Alex Gubarkian
Jami T.
Yanni Tiro
Amy Tambrano
Alyssa Finizio
Benjamin Jen
Chang
William Estevez
ammi
Gadria
Thomas
Tarab Warrich
Ali Byrd
Mohamed
Al-Yousef
Anthony Agnello
Doug Cameron
Christina Bayadjim
Kristina Menhinick
Jolie Barner
Aamir Khan-Borden
Hamza Din
Alexandra Vorontsava
Jonathan Scrivanich
Chris Tozzi
Peter Calomera
Joey Rizzolo
Ari Lee
Frank D'Amico
Jason Hall
Nicole Medvitz
Jimmy Chalmers
Jasmeen
Sam Shatkin
Robbie Loveless
Yong Bi Chen
Carlo Antonio
Takuya Tokunaga
Mervin Pazon
Kriester Acahou
Riddhi Solanki
Jessica Byme
Stephanie Pallotto
Carolyn Kowalski
Azita Mountain
Gul S...
Danielle Mercado
Jill Patel
Brycia
Marc Bari
Jeffrey Carpenter
Seth Stern
Gianna Cardinale
Lucas Tasci
Jean Lowery
Matt
Hinsun Kim
Minsun Kim

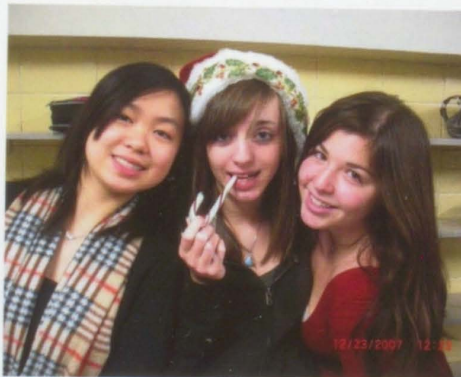


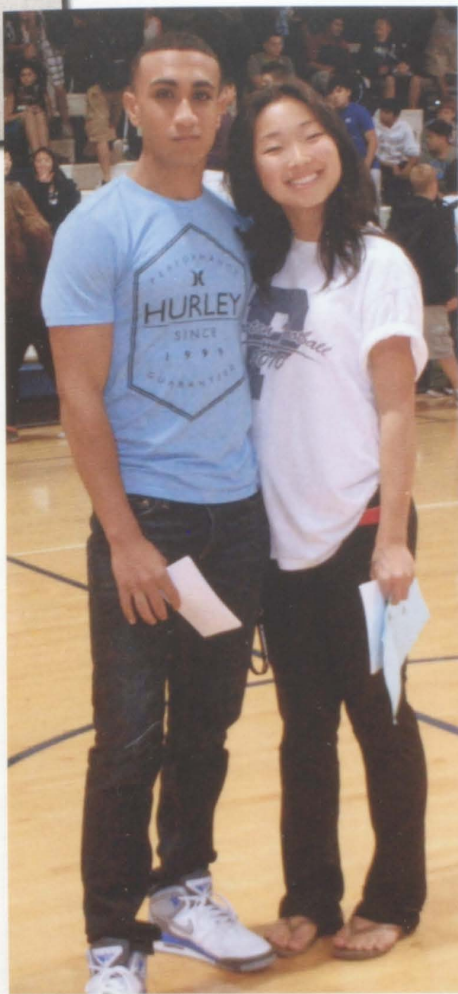


Blueprints
2013
DELPHIAN









And The Winner Is...

The Common Aupp



Above: The winning team The Common Aupp.



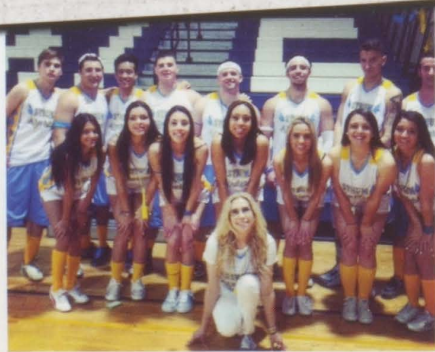
Pictured top right: In Strum Almighty's skit, the boys take on Mean Girls "Jingle Bell Rock"

Right: Jz's Problems, and Mrs. Limbacher showing off her karate skills.



Project Graduation Committee Presents:

seniorMANIA

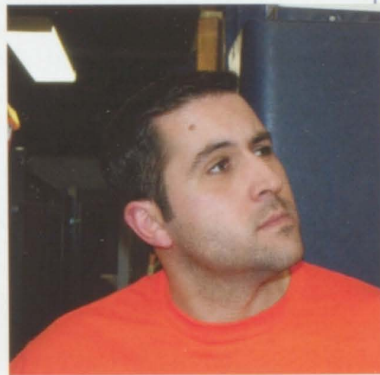




A Spartan Tradition

The class of 2013 luckily had the opportunity to bring back senior mania. The Common Aupp came in first place, followed by the Limbreakers, and in third, Strum Almighty. The other great teams included Dude, where's my Ferrari?, The Oganingas, Dalelio's Dream Team, JZ's Problems and Diliberto's Delinquents. The night included many races such as the beach ball race and the frozen orange race. New this year was the team coach fashion show. Overall, this night was a great success, and all the teams who participated did an awesome job!

Author: Bianca Pagano



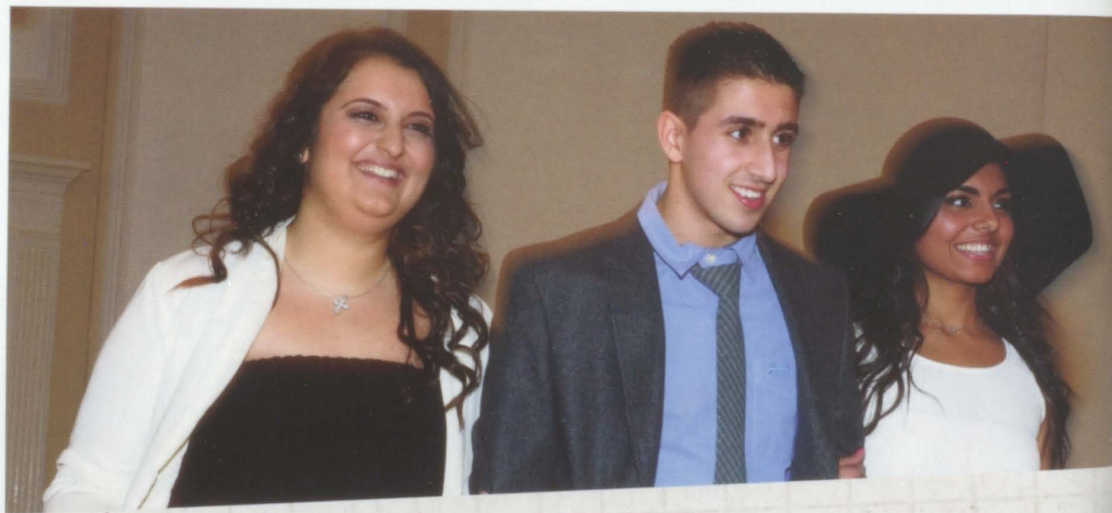
Pictured to the left is Mr. Ferrari, on the team Dude, where's my Ferrari? Sporting his red Ferrari on the runway. Work it!



Pictured to the left is Ms. Oganiqua participating in her team's skit.

Pictured right is the 2nd place team, The Limbreakers!





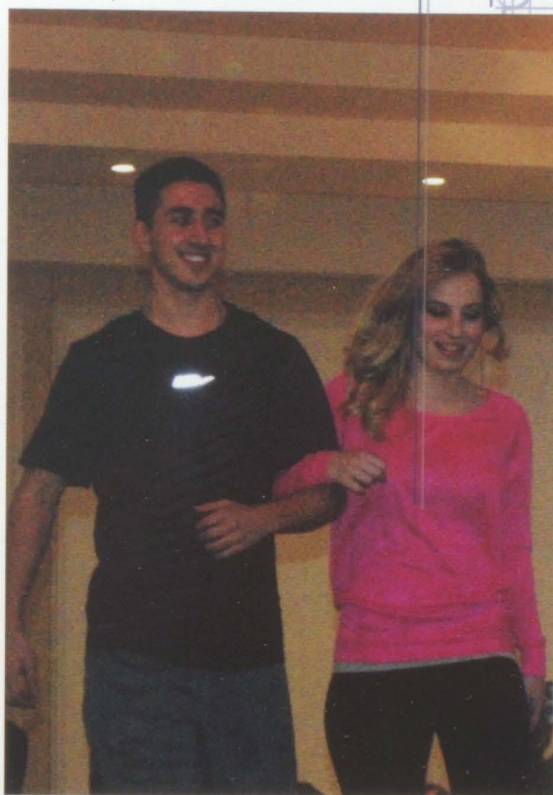
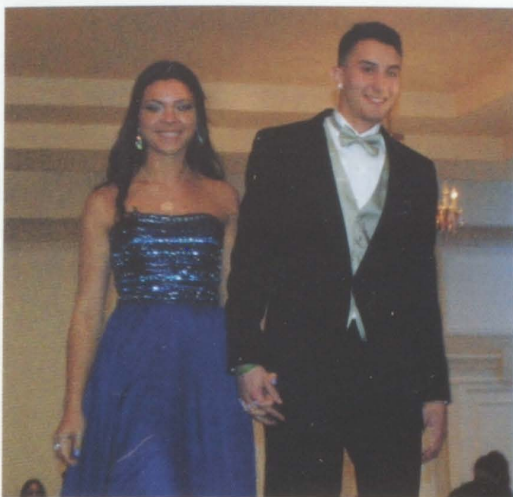
Seniors Walk the Catwalk at the Annual *Patterns* fashionSHOW

All photos from left to right: Monica Bulnes, Jade Sobh, Nick Garguilo, Alexa Shterengarts, Marc Bari, Stephanie McCabe, Ashley Simpson, Dan Melon, Zack Zysman and Alexandra Voronstova work the runway at the senior class fashion show.



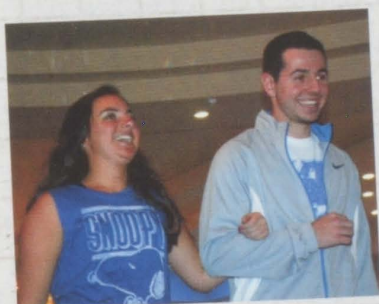


Student Super Model



The senior class fashion show at The Rockleigh Country Club was a huge success. Senior models strutted their stuff down the runway while sporting brands such as Joyce Leslie, Nike, Super Dry, Gattinoli, Suite 201 and many more. The night started off with sportswear, followed by daytime wear, then formal wear and lastly, the college walk. Everyone who participated in the show looked great and had a great time.

Author: Bianca Pagano

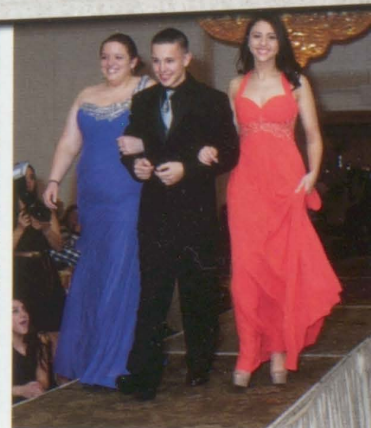


Pictured left: Stephanie McCabe and Frank D'Arrigo walk down the runway in their sportswear.



Pictured to the left: Dan Melon, Samantha Pittari and Krista Sullivan flaunting their formal wear down the runway.

Pictured right: Rasha Mahtani, Ami Gahdia and Nupur Patel. These girls deserve great thanks for putting together an awesome show! You go girls!



Building the Future...

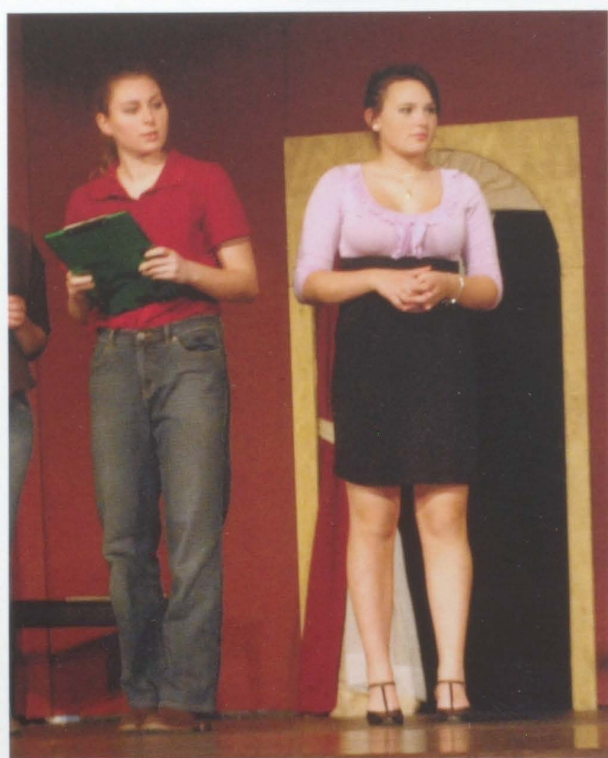
The Underclassmen of Paramus High School (9th, 10th and 11th grades), give the class of 2013 the reason to be one of the best graduating classes in Paramus High School history.

Understanding the need to be great leaders, and to set a strong example of excellence, the underclassmen inspire the seniors to do more, be greater, and push harder. It is clear that the underclassmen follow this lead, as they continually become stronger members of our school community.

They are involved in several school activities, including different sports, clubs, seasonal plays, the marching band and more. They also show their great school spirit in the school's pep rallies and at games. PHS would not be the same without them!

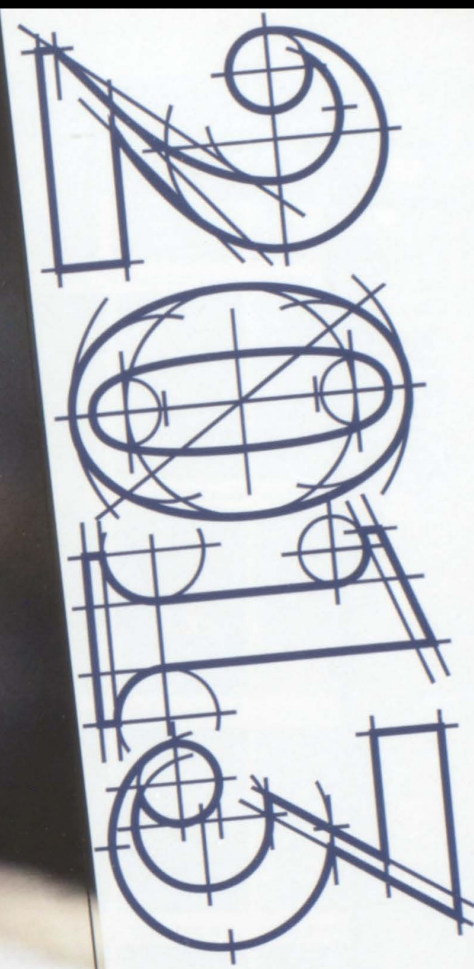
Author: Seun Odusola, Faculty & Underclassmen Editor

Below: Juniors Rebekah Guidroz and Ariana Dellosa are in rehearsal for the fall play: Down in Front.



Immediate Right: Freshman Maria Bellinger receives the ball. Far Right: Sophomore Michael Albacete plays the drums with the symphonic orchestra. Below: a group of fans cheer on the varsity volleyball team.





Left: Freshman Amanda Ho follows the leadership of her color guard captains and learns the ins and outs of performing on the football field.

underclassmen

Underclassmen

JUNIORS

2013



Priyanka Abraham



Mohammad Abulaimoun



Pankti Acharya



Crystal Acuna



Nadia Admani



Christopher Akdemir



Joseph Akdemir



Omar Al-Rashdan



Christian Alcaide



Jafar Ali



Matthew Alpher



Danielle Ambrose



Samantha Angulo



Emily Aranda



Alexandra Arrighi



Matthew Asking



Elias Atie



Benjamin Audi



Ani Avanesian



Amanda Aydin



Hotaru Azuma



Asha Babu



Joseph Bacich



Jason Back



Matthew Barbara



Timothy Barkho



Adam Basner



Nicole Becker



Brianna Behrens



Ruth Belloso



Parita Bhandari



Varun Bhatt



Christopher Billera



Brandon Birdsall



Diana Blanco



Isabella Blanco-Rivas



Thomas Bores



Lindsay Braverman



Nicholas Bucci



Ryan Bucci



Rachel Buchbinder



Brooke Bukowski



Nicole Cagar



Vince Calupad



Scott Campbell



Steven Carrescia



Randy Casallas



Alexa Cascione



Alex Castro



Julia Castronovo



Jessica Chakonis



Allison Chang



Winnie Chau



Daniel Chen



Paul Cheong



JR Chinchar



Daniel Choi



Harold Choo



Jesse Christie



Francis Ciambone



Justin Cochran



Emily Colasante



Christopher Colon



Alexandra Cooney



Matthew Criscione



Erica Cruz



Julia Cuomo



Rebekah Daniel



Deborah Daoud



Nicolas Datz



Anthony DeCeglie



Ariana Dellosa



Julia Dellosa



Dean Delucia



Arnold DeMasi



Matthew DeMatteo



Michael DeSimone



Jana Devaney



Inderpreet Dhalwal



Lindsay Diamond



Alejandro Diaz



John Diaz



Sky DiGirolamo Clarissa Dimaricut Erika DiPasquale Lillian Do Aleah Dotson Margaret Doyle Timothy Dungan Stephanie Edelstein David Elhananov Jermiah Emmenuel Shannon English
 Joseph Faris Lesly Fernandez Kenneth Frohnafel Zinath Froogh Gia Fuerte Dean Fujita Cayla Gao Joshua Garcia Kaitlyn Garcia Mindy Ge Julia Gerogiannis
 Eric Giannantonio Zoe Gnecco Jessica Goldman Tance Gozukucuk Nicholas Gramuglia Alexander Greenbaum Rebekah Guidroz Nadine Haddad Connor Hagen James Hallihan Leila Hassak
 Carolyn Haynes Jessica Hazuda Laura Heckelmann Daniel Heidt Sabrina Helm Adriana Hemans Noel Hodgins Max Hopkins Darius House Brittany Hovan Tiffany Hsiung
 Nicole Huaman Jenny Hwang Mason Hwang Jaime Iacono Dema Jaber Zalaikha Javed Chanel Jhin Alen Jo Laila Jouejati Grace Jung Sunny Jung
 Achal Kanani Arthur Kapur Laiba Khan Farah Kiki Alice Kim Catherine Kim David Kim Ellen Kim Jaehyun Kim John Kim Jonathan Kim
 Michelle Kim Victor Kim Alexandra Kipp Gina Kisley Adar Kocan Caroline Kordell Theodore Koutros Sofia Koutsombis Karen Kouvoumdjian Elyse Krupinski Anna Kuriakose
 Richard Labarbiera Matthew Lahanas Kevin Lannigan Stephanie Lasprilla Kimberly LaVecchia Paul Lawton Daisy Lee Daniel Lee Eunice Lee Naome Lee Andrew Licini
 Hajeong Lim Liana Lintes Nicholas Loftiss Emil Lopez Joshua Lopez Lindsey Lucas Ryan Lugtu Adrian Luna Aysia Luna Alexandra Luppino Melissa Lynch

Underclassmen

Class of 2014

2014



Dritan Maloku



Kathleen McGee



Stephen McGuire



Sean McKeon



David Medvitz



Kayla Mees



Vanessa Mendoza



Lauren Mihalik



Matthew Miller



Brian Monticello



Bryan Mosquera



Alen Motoki



Allen Mundanchira



Heather Murphy



Mio Nagasaki



Deanna Napoli



Alyssa Nungra



Annika Nungra



Aisling O'Connor



Stephen Obregon



Timothy Oechsner



Justin Ordonez



Yusuke Oshimizu



Pamela Ospina



Denis Padron



Jacqueline Paizis



Christine Pak



Sylvia Pak



Michael Paladino



Thomas Palestina



Daniel Paolazzi



Michael Passarelli



Janki Patel



Jay Patel



Kinjal Patel



Leah Paterno-Olivari



Leshawn Perry



Kevin Perusse



Justin Peter



Victoria Petruzzella



Michael Piquero



Brian Polsky



Victoria Poplaski



Kimberly Portes



Kishen Pujara



Abraar Quraishi



Shivam Raikundalia



Alejandra Ramirez



Diego Ramirez



Zachary Reuveni



Elizabeth Reyes



Julia Reynolds



Hosung Rhyu



Colin Richardson



Gerald Rickelmann



Raquel Riggiano



Ryan Rivera



Justine Rizzitello



Rachel Romano



Adam Ron



Kathryn Roque



Eric Rosenzweig



Gina Ruzhansky



Amr Saleh



Nicholas Salemmne



Alexa Salinardi



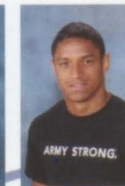
Daniel Schauer



Stephen Scheideler



Gianna Scimeca



Brandon Sebahie



Karan Shah



Zainab Shahsamand



Liridona Shala



Alexander Shater



Michael Sherman



Bryan Shin



Peter Shin



Nicole Sicari



Olivia Sluka



Courtney Smallze



Dominick Smith



Regina Smith



Erika Soto Charles Spiegel Victoria Stabile Stephie Stanley Alexis Stella Brittany Stone Zacky Sungkar Mohammad Tahir Tehreem Tahir Michael Thompson Lorenzo Tiro



Kevin Tirpanciyan Nicole Tomic Daniel Toppo Mimi Tsang Carly Turton Alok Vaidya Parth Vaidya Gregory Vaks Brandon Velez Rose Velli Chelsea Virga



Shafalee Vohra Lakhini Vyas Maxwell Wagner Beiki Waneis Yan Wei Wang Matthew Warren Corinne Weinzierl Alison Wolfer Cindy Wu Zachary Yabroud Michelle Yeung



Ritchey Yeung Faith Yi Andrew Yoon Anthony Zambrano Ariana Zarour Colette Zarour

Juniors Not Pictured:
Aditya Brambhath, Cody Cleary, Nick Delgiorno, Harlee Taylor Glock, Erik Helstrom, Monica Lehner, Tim Moran, Tommy Stepas, and Alexis Torres

Underclassmen

SOPHOMORES



Sairah Abbasi



Ethan M Abraham



Pretty Abraham



Yara Abwini



Alisa Acciardi



Roslyn Acuna



Amira Admani



Mary Akdemir



Gabriel Albacete



Michael A Albacete



Brandon Alcaide



Ahmad Aleideh



Samantha Altamuro



Daniel Amato



Ariella Audi



James Baek



Da Ae Diana Ban



Arianna Baria



Michael Bartner



Upasana Basnet



Michael R Batista



Ariella Becaj



Candice P Belina



Gage Bellino



Pia M Belmonte



Michael Bessette



Andrew John Bibire



Vincent Borja



Akshay Bothra



Coby J Breen



Jake Brodarzon



Rachel Brodsky



Marissa Bruno



Camille Calupad



Andrew Camaj



Ashley N Cantone



Karla M Carlo



Juan Carvajal



Thomas Casale



Arlene Castillo



Nicholas G Castro



Hasan A. Charaf



Eli Chernichaw



Edward A Cho



David Choi



Juliette Chu



Daisy Chung



Tae Hun Chung



Shant Cinar



Joseph R Cinnante



Rasul Clark



Nicholas A Cockcroft



Alexandria Cole



Alexa Colontino



Lindsey Cornella



Rosanna Coviello



Giorgio Dabbagh



Joshua Dabis



Melissa N Dalesio



Erin Davis



Megan Davis



Joseph Delatrinidad



Glen D Denigris



Francesca DePalo



Jessica DeSimone



Dara Devaney



Joseph DeVito



Mario Antonio Diaz



Nicole Maria Diaz



Richel Diaz



Jason G DiPopolo



Jonathan Dogan



Gregory Donlan



Philip Doudak



Sydney Driscoll



Marco Pietro Druskovich



Natalie C Duenas



Ashley P Dunn



David Z Edelstein



Kimberly L Ellsworth



Alexander Epstein



Laurie Talia Epstein



Wissam Esmail



Katelyn Farrell



Michael P Faugno



Anthony J
Feorenzo



Matthew P Ferrara



Sarah Finkelstein



Larissa Fox



Rachel V Francisco



Frank Frasco



Jennifer Fusco



Krzysztof Gadek



Michael J Gambino



Adalio Julian
Gandara



Marcus Garcia



Paige E Garlasco



Alexandra Gaspard



Kaitlyn Gengler



Christina
Georgatos



Chrysanne George



Edwin J Ghigliotty



Nicholas Gjini



Teuta Gjokaj



David Golbari



Sophia Grigolo



Alexa Guidetti



Daniel Gwon



Hana Jonathan
Hakkio



Brenda Hall



Ryan Heim



Brittany Hendricks



Brandy Herfort



Jared Herrmann



Hayley T Hoffman



Hannah Holmberg



Christina M Huergo



Christopher
Hughes



Jessica Iacobazzo



Jay Sanjiv Inamdar



Omar Ibne Ismail



Bryce Jacob



Stephanie Jacob



Neha Jagtap



Nabeil Javed



Christina Jeong



Joyce Jo



Christopher F Job



Alec B Kaminer



Danna Kane



Stile Kang



Payal Dilip Kapadia



Priya S
Kavanakudiyil



Taylor Kellenberger



James T Kennedy



Hannah Kertesz



Farheen Khan



Matin Kholdi



Shrey Khurana



Christine Kim



Christopher A Kim



Eun Hey Grace Kim



Grace T Kim



Ji Min Kim



Joshua Shin Kim



Sujin Kim



Marissa Kindberg



Karlee King



Tyler Klecha



Jason T Klein



Deena E Kleinstein



Natalie Kohan



Daniel Kourehjan



Abigail
Kreczkowski



Karla Mia Kristo



Joseph Kuhn



Nicolette
Kupersmith



Kasumi Kuriki



Jake N LaMarca



Victoria Laoudis



Peter Lee



Eunji Lee



Justin J Lee



Sam Lee



Vicki Lekkas



Joseph A Lentz



Philip Leotta



Joshua Lerose



Michael Lesko



Matthew Lewis



Sally Li



Suzanne Lightbody



Thomas Lillo



Alana R Link



Suzanne G Link



Lilian Lipovetsky



Anthony Llaverias



Shayna Aryn Lopez



Taylor N LoPresti



Tara Lucas



James Lyle

Underclassmen

Class of 2015



Silvan Lyu



Brooke Magalhaes



Niraj Mahtani



Nisha Mahtani



Sakshi Mahtani



Yogaran M
Mahtani



Rocco A
Mandarino



Bryan Manosalvas



Juan Marte



Norma Isa P
Martinez



Mayu Masumoto



Yuka Masumoto



Amanda Matesic



Isabella Mazzone



Brianna Lynn
McCabe



Erica McCausland



Kate Melillo



Aleena Memon



Talin Mercado



Michael W Merlino



Valerie Anne Miko



Gaetano Guy L
Milazzo



Michael M Mimmo



Ashley Min



Junia Miwa



Maham
Mohyuddin



Jonah Aaron
Molina



Yun Sun Moon



Samantha Morella



Muamin Moustafa



Minami Murakami



Mark Naguib



Tasuku Nakagaki



Aria Nasserirad



Ali Nathoo



Dylan Newhouse



Jeremy Newhouse



Brooke Newman



Patrick J O'Connor



Maremi Obregon



Oluwatobi Odusola



Laura Okechukwu



Victoria Ondo



Jeffrey Park



Catherine M
Passera



Bhumi Patel



Krishna Patel



Shahil Patel



Renee A Payumo



Jennifer P Pechman



Melissa Perez



Osiris Perez



Sean Perry



Priscilla Peter



Diana Phillips



Daria Piazza



Giovanni Piccione



Joseph Pierro



Bumin Pil



Jasmine Pineda



Nicole Pituras



Kevin N Possehl



Arun Pradhanang



Philip George
Rafferty



Eric Ramos



Amit A Rana



Ahmed Refaat



Steven Regalbuto



Meaghan N
Reinhart



Joseph Reveille



Marco Riccoboni



Jian Pierre Rice



Matthew T
Riebesell



Hannah Riordan



Wesley Rivera



Alyssa C Rizo



Seungwon Roh



Joseph Roma



Eric C Rosenberg



Joy E Rosten



Frank Rotondella



Bryan Ryu



Sophomores Not Pictured:
John James Abregu, Harwon Baher,
Tyler Cronin, Khalid Husain, Amanda
Makhoul, Christopher Mazzei, Alec
Polemeni, Owen Reilly, and
Anna Shadoyan

Underclassmen

FRESHMEN

2013



Nicholas
Abbruzzese



Nicole Afacan



Melisa Akdemir



Talal Dahham Al
Muttairi



Eman Al-Yousefy



Cherelyn Aliperio



Justin Alli



Alexandra Alonso



Lauren Andersen



Norman Antonio



Kathryn Anzalone



Stephanie Aponte



Ariana Asatryan



Antoinette Atie



Sydney Azzolino



Lennard Baello



Therese Baluyut



Grace Ban



Matthew Bari



Michael Barral



Sarita Priya Barua



Katie Baumgardt



Raymond Bauzon



Maria Bellinger



Isaac Belloso



Jack Bessen



Deep Bhandari



Attiya Bhatti



Kayla Bosticco



Samantha Brad



Gurprem Brar



Andre Bras



Dylan Brescia



Jade Brock



Albert Buchholz



Melissa Bueno



Alison Butler



Stephanie Buttino



Emily Cahn



Dion Calupad



John Cameron



Mary Campione



Joseph Capone



Cassidy Cartagena



Robert Cella



Justin Ceylan



Tanya Chalmers



Rosalva Chavez



Michael Cheripka



Abigail Cho



Austin Cho



Kenny Cho



Sean Choo



Joseph Christie



Nicholas
Ciambrone



Anthony Cianni



Gianna Cianni



Muhammad Clark



Austin Coldon



Jonathan Corne



Andrew Cruz



Leah Cruz



Gina D'Anduono



Robert D'Arrigo



Giovanna Dabbagh



Ariel Dadon



Rina Dadon



Michael Daniele



Samuel Daniels



Kevin Datz



Michelle Davidson



Derek De La Cruz



Nicholas Denigris



Brandon DePalma



Shoshanna
Diamond



Nicholas
DiFrancesco



Angela DiPasquale



Nicole DiPasquale



Eileen Dogan



Myles Donworth



Sylvia Dovlatyan



Morgan Duffy



Eric Duncan	Daniel Dungan	Gabrielle Eisler	Joshua Emrani	Stephanie Engeleit	Kyle Errick	Luke Farag	Christina Feil	Timothy Ference	Samantha Ferguson	Leanet Fernandez
Linda Flores	Johnathan Flynn	Travis Fonseca	Blu Frankel	Michelle Fridman	Danielle Friedman	Nicholas Frischkorn	Fiona Fujita	Gregory Fusco	Nandish Gajiwala	Jasmine Gajra
Alix Gallipoli	Brandon Garcia	Kristi Garino	Alexander Gee	Jamie Gehler	Nicholas Ghichlian	Grace Giamo	Rebecca Gilchrist	Donna Gonzalez	Corinne Grabowski	Ashley Graham
Aaron Grinoch	Max Critz	Monica Gu	Scott Guez	Baret Gulbenkian	Sean Ha	Erin Hahn	Devin Hamlett	Case Hassak	Haley Hassan	Conor Heim
Kirsten Hishmeh	Amanda Ho	Sam Hopkins	Nancy Huffman	Timothy Hur	Rachael Hurst	Jamie Hwang	Kohei Ito	Alexandria Ivanicki	Alyssa Jacob	Joshua Jacob
Peter Jamgochian	Todd Jay	Eylis Jee	Jonathan Jin	Justin John	Kolten Joshi	Abir Kader	Lynn Kao	Vatche Kaprielian	Raymond Kassas	Adam Kebbeh
Catherine Kennedy	Laura Kerkendall	Areeb Khateeb	Negin Kholdi	Daniel Kim	Haggai Kim	Philip Kim	Yoo Ra Kim	Elma Kocan	Julia Koenemund	Sangyoon Koh
Stylanos Kostopoulos	Emma Kuderka	Kenya Kuriki	Vincent Labarbiera	Caitlyn Laubsch	Eric Lazaro	Donald Lazorchak	Amanda Lee	Dahee Lee	Jay Lee	Kevin Lee
Yun Jae Lee	Justin Lester	Allison Libowsky	Mia Librie	Frank Licari	Paul Licini	Robert Lindsay III	Steven Link	Adanna Liu	Katrina Ljekocevic	Steven Lockwood

Underclassmen

Class of 2016

2016



Brandon Loftiss



Alan Lu



Jenna Lui



Anthony Makhoul



Nicole Mancini



Brian Marino



Christopher Marquez



Richard Mason



Maya Mathew



Karyssa Mazure



Scott McGee



Rianna McNamee



Joseph Merlino



Corey Migatz



Jason Migatz



Rebecca Miksi



Shane Mitchell



Lorraine Moffitt



Niall Molloy



Camila Montalvo



Samuel Moon



Sun Woo Moon



Matthew Moran



Michael Mulligan



Alexander Munoz



Jayson Munoz



Alanna Murphy



Julie Musarra



Harry Nam



Amanda Rae Nathan



Nicholas Navarro



Christopher O'Connell



Nicole O'Connor



Jenny Oh



Richard Oh



Jessy Osuna



Hatice Ozen



John Pacifico



Kevin Pagliaro



Julia Paladino



Bhavika Parikh



Amy Park



Sarah Park



Ashika Patel



Chandni Patel



Hershil Patel



Payal Patel



Priyanka Patel



Rohan Patel



Peter Pawlowski



Chloe Pena



Alex Perillo



Nicolas Pettineo



John Picarelli



Jonathan Pier



Bumi Pil



Kayla Pituras



Victoria Preis



Kamal Pujara



Priscilla Quintana



Aamir Quraishi



Ariq Rahman



Joseph Raimondi



Christopher Regalbuto



Zachary Remes



Ashley Reyes



Kian Reza'E



Craig Rigolosi



Anthony Rogalny



Nikki Romaglia



Scott Rosenberg



Benjamin Roth



Jarrett Rothstein



Christopher Rozon



Katherine Ruso



Carlee Russo



Anthony Saad



Katarina Sadlon



Victoria Samuel



Edric Sapiandante



David Sapida



Adam Sarkisian



Ashish Saundade



Jessica Schwartz



Alexander Sebahie



Urja Sevak



Sabrina Sewall



Anjali Shah



Mansi Shah



Naheid Shahsamand



Mirjeta Shala



Jamie Shaw



Esther Shin



Adel Shqair



Michael Siff



Veer Singh



Sabeena Singhani



Adam Slipiec



Taylor Smith



Zachary Snyder



James Song



Zoe Spiegel



Jake Stella



Petra Stojanovic



Alysa Stolecki



Cassandra Stone



Brandon Sullivan



David Tarshik



Noah Thomas



Ryan Thomas



Philip Tilearcio



Jose Tiro



Dimitrios Tobar



Julia Totten



Christopher Touma



Nicholas Tozzi



Franklin Trapani



Danielle Tripodi



Michael Vaks



Lalitha Vallabhaneni



Anabella Velez



Nicole Ventura



Daniela Verdugo



Esmey Vergel



Serena Vohra



Christopher



Clinton Walker



Emily Wang



Eric Wang



Justin Weinstock



Max Wu



Eric Yang



Juhee Yang



Joyce Yeung



Jae Yoon Yoo



Jasmine Yoo



Lynn Zamechek



Ronald Zamechek



Wendi Zheng



Angela Zisa

Freshmen Not Pictured:
 Alan Chemeris, Jack Demurjian, Kenneth Dykes, Mena
 Elgawly, Desiree Kaporch, Seyoon Koh, Galo Paul Mariscal,
 Shaun Meyers, Nicholas Scardino, Kevin Shah, Teena
 Varghese, and Gabriel Zambrano

Paramus High School
football games bring
in crowds of
thousands of fans.
The stands are packed
with band members,
students, parents, and
Spartan supporters.
Here, a group of
Paramus
underclassmen gather
for a photo.

Right Page: Middle: Members
of the girl's volleyball team
huddle together for a picture.
Bottom: Mr. Jandoli has a few
laughs with his junior class
officers. Far Right: Ms. Garofalo
poses with the sophomore class
officers.



The future of Paramus High

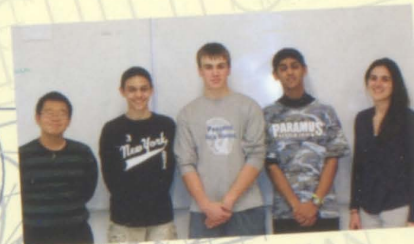
*in***ACTION**

Underclassmen

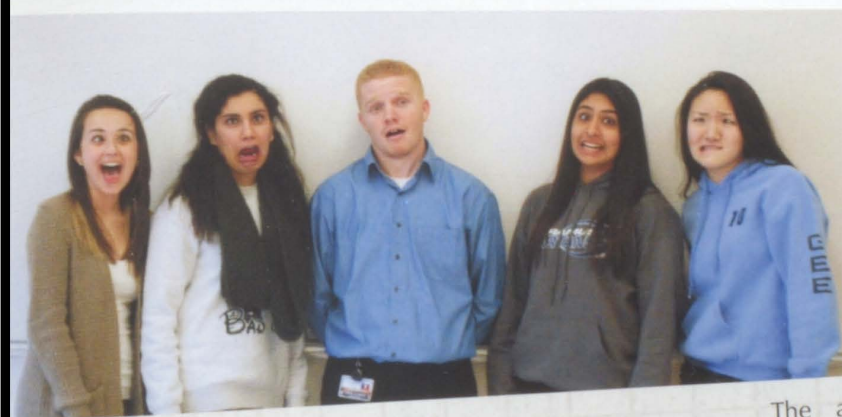
Right: Junior Matt
DeMatteo looks to his
friends at a football
game. Freshmen girls
enjoy a Dance 2 class
with Mrs. Ranieri



Underclassmen Candid



The underclassmen of Paramus High School are essential to the school's spirit. This year, our underclassmen were instrumental in the success of our athletic programs. Among them, Junior Brittany Stone became the second Paramus woman to reach 1000 points, Junior Brittany Hovan bowled a perfect game, and Freshman Maria Bellinger was a leader on the Varsity volleyball team. On the stage, Sophomore Candice Belina and Freshman Blu Frankel held lead roles in the spring musical, *Legally Blonde*. Alison Wolfer was the highest scoring Alto in the North Jersey choir. Dahee Lee, Juliet Chu, and Joe Bacich also earned All State music honors. Academically, Daniel Lee earned a gold medal at Johns Hopkins mathematics competition. It is clear that Paramus is a community with a bright future.



Whether in the hallways playing guitar like Junior Gina Ruzhansky (left) or enjoying an athletic event like the students below, Paramus High School underclassmen are full of diversity and spirit. These are just a few of the 1000+ students who walk the halls and fill the classrooms of PHS, making the school a better place to learn.



The arts are an important component to Paramus High, as our district has consistently been named one of the best for Art Education in the country. Whether in the classroom, in a piano or mac lab, on stage, or on a field, our students value the arts. Left, AnnMarie Secreti and Sarah Finkelstein rehearse for the fall play. Below Joe Bacich stands at attention before a performance.



Like the rest of NJ, Paramus was hit hard by Hurricane Sandy this year. Above, junior Rachel Romano shows how big the devastation was. Below Sophomore Jacey Schult enjoys a snack with friends.



Building Young Minds...

Not only does the Paramus High School staff teach students, they try to create a positive change in their lives, and develop leaders of the future; they also take some time to socialize with their fellow colleagues, interact with their students and attend other school related social events.

If not for the faculty & staff of Paramus High School, there would be no clubs, sports, or any of the activities that make this school more than a place of learning. The faculty & staff create a family and make Paramus HS a home, often making great personal sacrifice to do so. As William Glasser said, "When you study great teachers... you will learn much more from their caring and hard work than from their style."

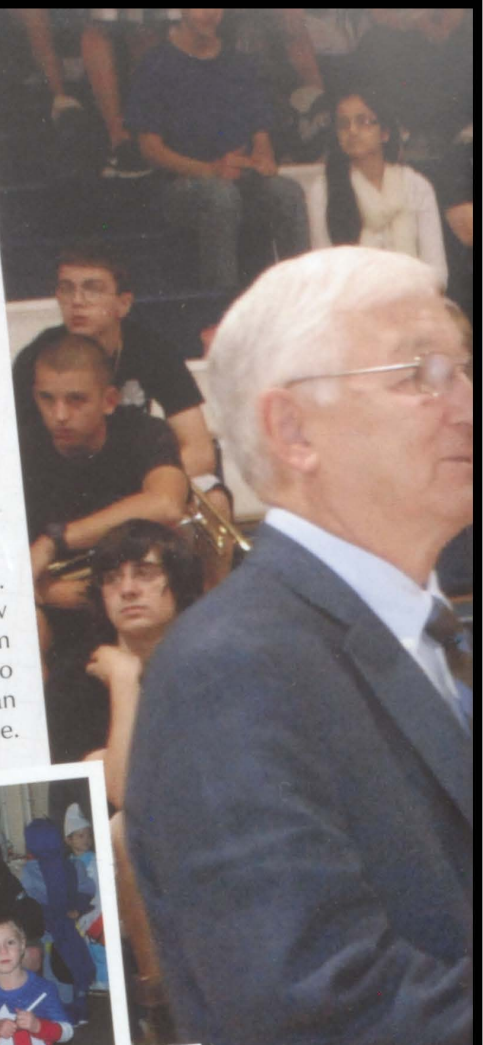
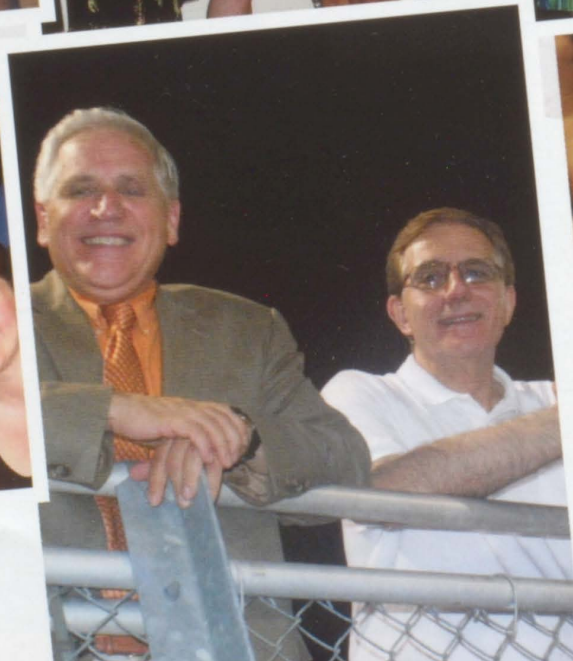
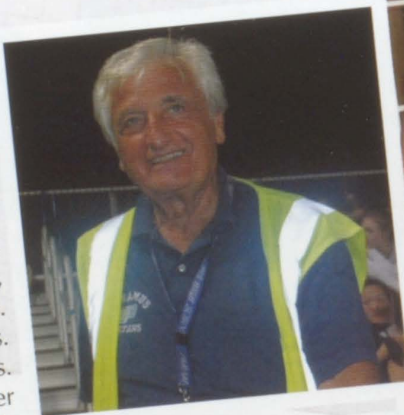
Author: Sean Odusola, Faculty and Underclassmen Editor

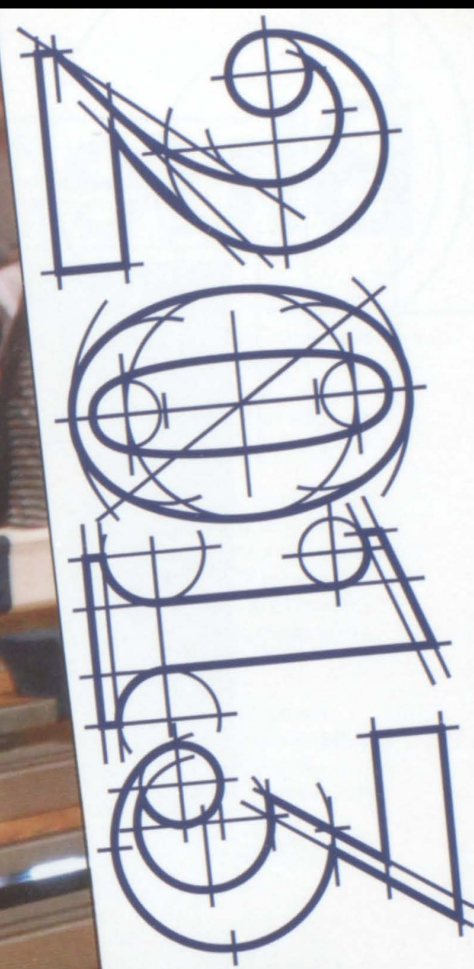
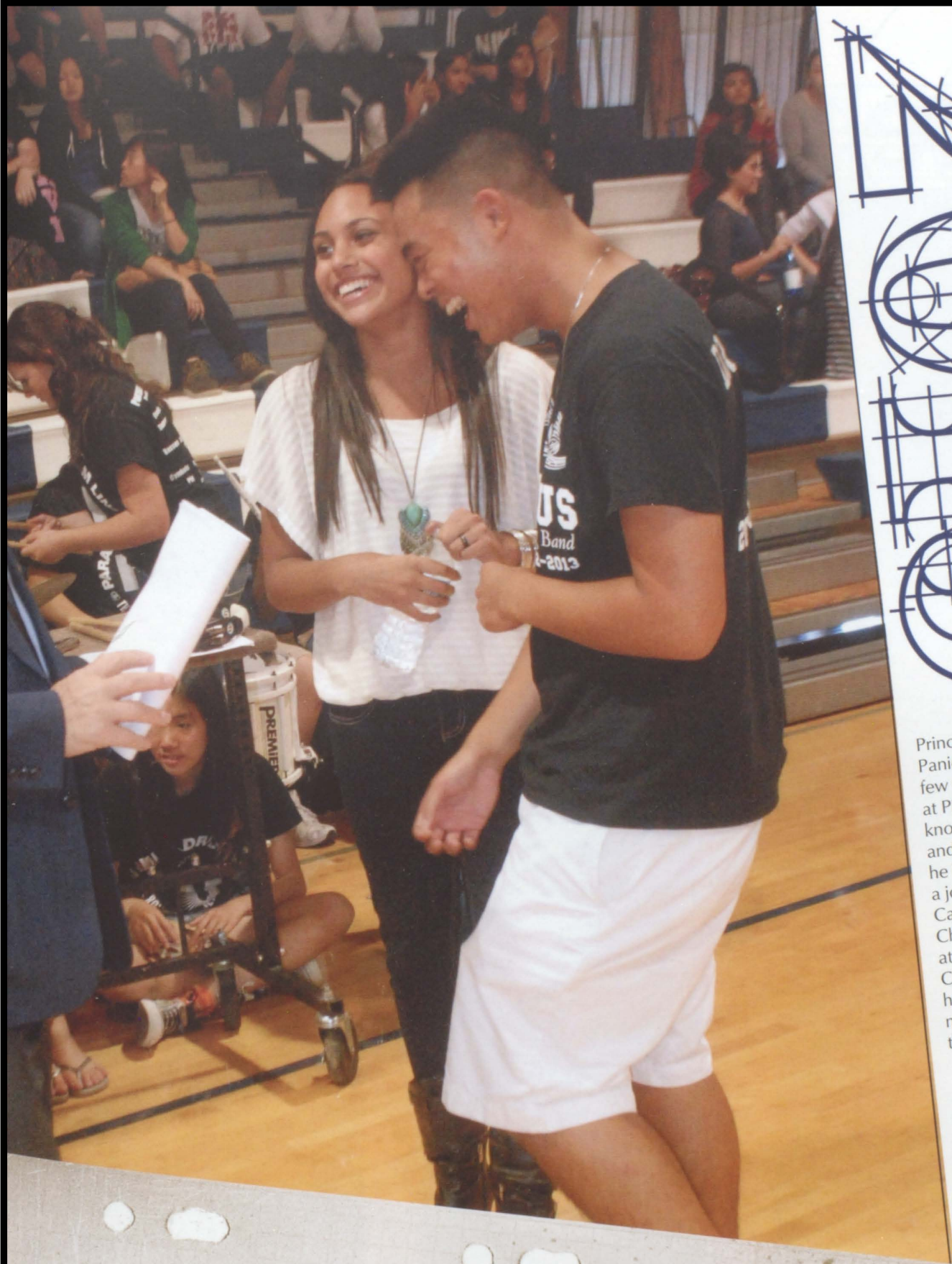
Below Top: Mr. Glaser brings his sons to the annual Halloween Hallway!

Bottom Middle: Ms. Wengrin, Mrs. Diliberto, Ms. Sarnoski, Mrs. Strumwasser, and Mrs. Mariano chaperone prom.

Dr. Pilacik and Mr. Natalo take a few minutes away from their VP duties to enjoy a Spartan football game.

Left: School security keeps us safe during the day and at PHS football games. Below, a group of faculty members, including Mr. Satakowski, Mrs. Ives, Mr. Ferrari, Mrs. Strumwasser, Ms. Condal, and Mrs. Russo get together after work.





Principal Anthony Panico spent the first few weeks of his time at PHS getting to know the faculty, staff, and students. Here, he is pictured sharing a joke with seniors Carlo Antonio and Christina Dominguez at the fall pep rally. Christina had the honor of singing the national anthem at the event.

Faculty & Staff

Blueprints



Kenneth Rota
Superintendent of Schools



Sean Adams
Assistant Superintendent of Schools

Congratulations to the class of 2013 on your graduation from Paramus High School! Commencement marks the end of your time at Paramus High School. Hopefully this was a time of learning and growth in all aspects of your life. The experiences that you have had will carry you forward as you begin the next phase of your life. Commencement also marks the beginning of your next adventure. Where will you go from here, what will you become, how will you make your mark upon society? These are the questions that you will need to answer and challenges that you will encounter as you move forward.

As you progress into the next step in your life, I want to remind you to focus on the core values that have been and will always be the foundation for success: family, friends and hard work. Stay committed to those things that are truly important and success will come to you.

I wish all of you much good fortune, success and happiness in your future.

Kenneth Rota
Superintendent of Schools



Robert Autorino
Director of Buildings and Grounds



Margaret DaMiano
Director of Student Personnel
Services



Curriculum Supervisors
Christine Diaz and Gail Wiser



To The Class of 2013:

When I arrived at Paramus High School in the fall of 2012, I knew immediately that I had come to a fine high school. I found that teachers and students were friendly and welcoming, and deeply involved in the many aspects of Paramus's first-rate programs. The Paramus community has supported its schools at every turn. Supervisors, vice-principals and guidance counselors assist students and parents in their decision-making in a way that encourages growth and maturity. And the academic program is always the focus of our collective efforts.

The program at Paramus is so complete and diverse that it has allowed you to work with your excellent and caring guidance counselors to choose a program that fits you and your future. Our school understands the wide range of interests and goals that each of you has, and it has made available myriad courses of study. Beyond the high expectations of the foundation academic courses, the elective programs have allowed you to explore your creative sides. I saw you use technology, create wonderful art works, learn to write and play beautiful music, act on stage, and create those wonderful recipes.

During the months that followed, I witnessed members of your class interact in their classrooms, asking and answering questions, stretching for solutions, and meeting expectations. It is that drive and need to learn that will serve you well and provide our country with its future leaders. But there were other areas of learning as well. The athletic fields of Bergen County were witness to the tenacity and strength of the Paramus athletes and coaches. I am very proud of your efforts and sportsmanship, which speak so well of your school and your families. The spirit of Paramus also extends to the numerous special interest clubs and organizations, such as *The Forum Press* and *Delphian*, and the wide range of music and art programs. And in all my years as an educator, I have never seen so many community service clubs, a situation that reveals the deep commitment to community and to those with disabilities that is so evident in this school.

As I look back on this year, I see a stream of collective and individual accomplishments. I thank you for the many efforts you have made to enrich our school and community. As we march to the field for graduation, I will feel a deep pride - you and your teachers, counselors, and coaches have accomplished a great deal in building our future, for you are the ones who will keep our country great and free. The atmosphere of mutual respect and honoring all classmates and faculty is an extraordinary legacy to leave Paramus High School, and one that you will take into your own futures. As I look at the wonderful people who make up the class of 2013, I feel tremendous pride in your accomplishments and the individuals you have become. On behalf of the Superintendent of Schools, the Board of Education, and the faculty and staff, I offer you sincere congratulations as well as heartfelt wishes for a happy and successful future.

With Pride,
Anthony Panico
Principal



Lina Gudelis
Vice-Principal



Louis Natalo
Vice-Principal



Dr. Michael Pilacik
Vice-Principal



Steven Cea
Business Administrator and
Board Secretary



Mary Lou Baird
Director of Guidance



Donald Roll
Athletic Director

Administrators Not Pictured:
Lisa Vartanian: District Supervisor of Creative Arts

Board of Education, Central



Board of Education

Joanne G. Bergmann, President
 Sharon L. Bower, Vice President
 Anthony A. Balestrieri, Alison Donoghue, Anthony Feorenzo, Jr., Sheila Criscione, William Holzmann, Bernadette McCausland, and Jeffrey Warren



Administrative Staff

Giovanna Cangiamila, Carol Salisbury, John Marmora, Betty Herlinsky, Mary Blum, Franca Eleftheriades, Kathleen Riebesell, Marianne Stellato, Deobrah Carpino, Hilda Gabriel, Susan Russo, Ruth Smith, Theresa Steinke, Bonnie Lee Winters, Clare Gorek, Judith Messmer, Linda Pesa



Transportation Aides

Patricia Oguje, Paul Piccione, Joyce Rico, Joan Van Zile, and Helen Yachouh

Bus Drivers

Willie Buckingham, Beatriz Cordoba, Christopher Delmastro, Kimberly Edge, Bernard Gemelli, Geraldine Glenn, Eileen Herndon, Jorge Herrera, Alan Kostelnik, Pedro Liranzo, Jacqueline Lombardo, Patricia Phillips, Yleana Rosales, Nicholas Tarabocchia, Nicolina Tarabocchia, Lois Tedesco, Jesus Valencia, and Michael Walsh

Transportation Coordinator: Diana Raucci

Transportation Assistant: Linda Lang



Security Guards

Front Row: Kurt Massey, Rose Ann Scoppa, and Glen Doughty
 Standing: David Haight, Raymond Wolak, and John Hovsepian
 Not Pictured: Cheryl Avagnano, Dennis Niland, and Richard Solimando

Additional Staff Not Pictured:
 MIS Department

Office and School Staff



Ruth Polifrone
Administrative Assistant
of Human Resources



Mary Abbott
Student Activities
Bookkeeper



Mattea Field
Assistant Business
Administrator



Bill Castelonia
Supervisor of
Custodians



Cafeteria Staff

Cathy Mosdar, Lorraine Mott, Marge Rupp, Saha Koci, Carol Hawthorne, Ida Ganawan, Dina Suhrno, Teresa Vilalti, Ruth Santana, Felicia DeLeon, Janine Tallaksen, Melva Cifre and Josie LaCap



Building's & Grounds Department

Mel Mullins, Anthony Tarabocchia, Dylan Debenedetto, Jason Rogers, Brandon Schmidt, Ralph Woods, Calvin Koenig, Andrew Aste, Anthony Campione, Eric Endresen, Robert Ferraro, August Mitschke, Gary Mullay, Jeffrey Osborne, and Lawrence Rutz
Office Assistant: Bridget Daleo



Custodians

Paul Baker, Matthew Barbagallo, Ronald Boccia, William Decker, Luis Delgado, Taras Fedak, Hugo Gonzales, George Grosz, Mercedes Guevara, Abdul Hai, Daniel Knipe, Lawrence Meyers, Naval Ormsby, Marlon Reyes, Rodrick Smalling, Vida Tate, and Charles Tussi



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David Allocco



Amelia Amabile



Rachel Antler



Randa Aradi-Abwini



Robert Banks



Juliana Barbaro



Jean Barkovitz



William Barlettano



Paul Barnes



Karen Beards



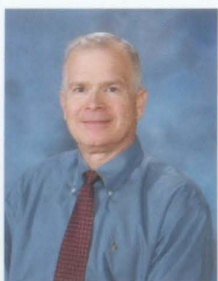
Maria Elena Bellinger



Elisabetta Bertin



Michael Brewer



Leigh Brown



Christine Burt



Costanza Campagna



Margaret Campbell



Stephanie Chudyk-Adams



Kacie Ciali



Patricia Collister



Amanda Condall



Heather Corey



Jacqueline Crago



Dennis Dalelio



Lucy Danny



Katty David



Dee Day



Constance DeJoseph



Michael Delia



Michael Deluca



Nora Diliberto



April Dinallo



Francheska Dirocie



Mark Donellan



Timothy Donohue



Brian Doyle



Iris Eicher



Ted Evans



Amanda Faley



Diane Felt



Michael Ferrari



George Gallagher



Tania Garofalo



Joseph Gencarelli



Katherine Giannisis



Robert Gizzi



Kevin Glaser



Tracy Glock



Michael Gonnerman



Bryan Gorski



Danielle Graves



Kevin Graves



Joanne Graziano



Doug Hamway



Linda Handschiegel



Brian Hay



Christie Hay



Scott Helsel



Paul Higgins



Ariel Hitron

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Deborah Hollender



Traci Hopkins



Kelly Hunsberger



Elizabeth Iorio



Nicole Ives



Craig Jandoli



Diane Jehle



Diane Jehle



Sarah Jost



Dawn Joy



Joanne Kapr



Tara Kelly



Matthew Kingsley



Steven Klass



Barbara
Kondratowicz



Mary Ellen Lai



Kim Lauzon



Mary Ellen Lavin



Stacey Lespinasse



Michelle Limbacher



Rosalexa Liriano-
Rodriguez



Steven Lockwood



Laritza Lorenzo



Lisa Lottermann



Mary Lou Madison



Joan Malacrida



Claudia Malik



Tara Mamone



Gina Mariano



Maria Mattushik



Michele McKenzie



Melissa Meyers



Celina Mintz



Adrienne Moe



Poopak Mohajer



Joan Morales



Jonathan Morrisette



Stephanie Murri



Vincent Nardo



Irene Ning



John Nolan



Idia Ogunyinka



Audrey Ondich



Brianne Parry



Arlene Patoray



Gary Pearl



Karen Peterson



Sherie Piniella



Carolyn Piquero



Marie Quintano



Jennifer Rafferty



Judy Raia



Yasmine Rana



Claudine Ranieri



Stephanie Rawlings



Joanne Rean



Ashwini Reddy



Ashley Robbins



Lisa Russino



Heather Russo

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Daniel Sabella



Michele Sarnoski



Adam Satkowski



Jeffrey Schorling



Daura Schucker



Brian Schwartz



Lisa Shaber



Jerry Somma



Mary Stanislaw



Felicia Steele



Nancy Strumwasser



Dr. Lynn A.
Tackaberry



Kristen Tarabocchia



Jaclyn Tarantino



Kathleen Thompson



Cheryl Torsland



Maggie Touloughian



Joe Traina



Kimberly Treboski



Lisa Ucci



Erik Van Boeckel



Sandra Vanderzee



David Weinstein



Frances Wengrin



Jeremy Westhaver



Marian Westner



William Whitney



Kimberly Wiezik



Patricia Wilk



Judy Wilkes



Heather Williams



Meggan Wolf



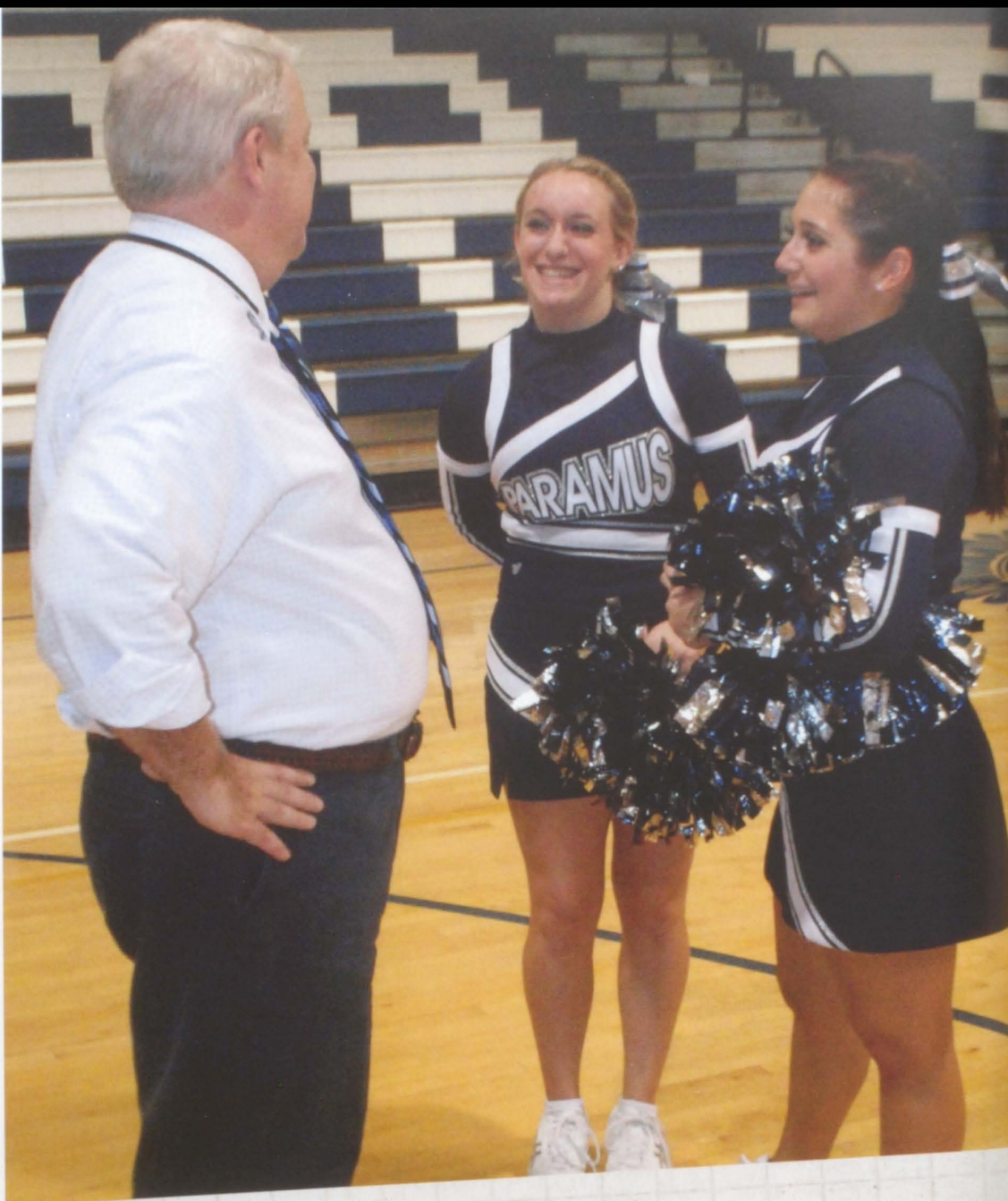
John Ziemba

Faculty Not Pictured:

John Conway, Lacie Callari, Juan Castro, Jennifer Gatto, Marianne Muller,
Miriam Cariglia, Leigh Bucchieri, Janet Chiu, Paul Shick, and Neysa
Gonzalez

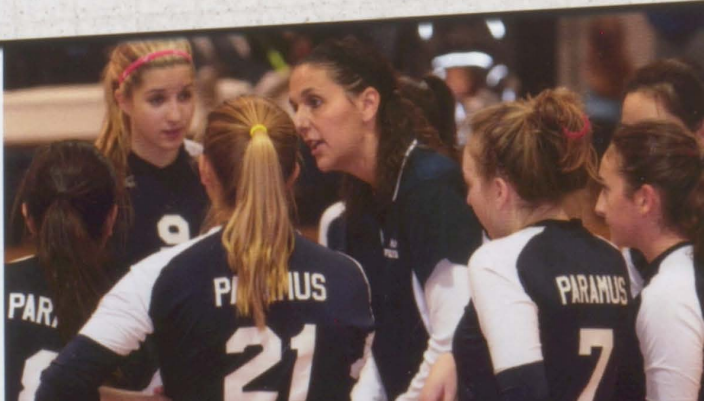
Right: New Superintendent Ken Rota takes some time away from Central Office to enjoy the PHS pep rally and talk with cheerleaders Alexandra and Pia.

Right Page: Top: Patricia Collister, creative arts teacher, works with her students in her technology lab. Middle: Teachers Gina Mariano, Fran Wengrin, Nancy Strumwasser, and Michele Sarnoski celebrate the start of another school year. Bottom Left: Principal Anthony Panico takes a lesson in marimba from Junior Michael Passarelli. Teacher Jon Morrisette works the sidelines at a football game to control the crowd.



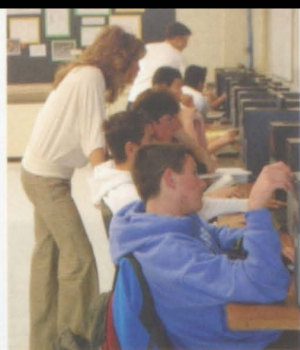
More than educators... PARAMUS faculty & STAFF

Right: one of PHS's most accomplished coaches, Maria Elena Bellenger gives some advice during a time out. Further, VP Dr. Pilacik and Principal Panico enjoy a football game.



Faculty & Staff

School Candidids



Whether they are teaching, advising, guiding, cleaning, cooking, administrating, coaching, overseeing, directing, or attending, the faculty and staff at Paramus High School is among the finest in the nation. Paramus boasts award winning athletic and music programs, a variety of extracurricular activities, a beautiful campus, and diverse electives, all guided by members of our nationally recognized staff.

This year, Paramus said goodbye to Dr. Joseph Lupo, who served the Paramus community for over 50 years, rising through the ranks from teacher to superintendent! In his absence, we welcomed our new superintendent and interim principal, who plan on continuing Dr. Lupo's legacy, ensuring that Paramus will always be an amazing place to learn.

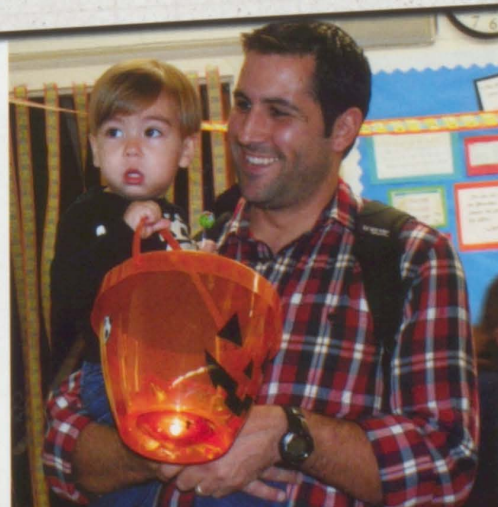
Paramus faculty and staff do everything in their power to ensure our students have a successful future. Left: Guidance Counselor Ashwini Reddy leads a small group meeting with members of the junior class as they prepare for the college application process. Below: Guidance Counselors Nicole Ives, Joe Gencarelli, and Sandy Vanderzee enjoy their time at a faculty gathering.



Taking pride in diverse programs and electives, Paramus teacher Jeremy Westhaver teaches his students the complexity and fine art of wood-turning. Westhaver is among only a few teachers in the state who teach this complicated art form. Below: Fellow art teacher, Michael Ferrari, brings his son Leo to enjoy the Haunted Hallway festivities.



Above, football coach Dan Sabella leads his students both on and off the field. Here, he is congratulating his team after a well fought victory on the turf. Below: music teacher Judy Wilkes leads a group lesson.



Bleeding Blue & White

Athletics are the building blocks of any school's community. It is the thing all students find common ground with, whether they are on the field, or cheering from the stands. There's nothing like school on the day of a big game; the anticipation and support runs through the halls and floods the classrooms. Most people who walk these halls are athletes—they train hard, work harder, and come out successful. The athletic scene is what makes this school a community—it forms bonds, brotherhoods, and friendships that last through the years; team bonding is always one of the Spartans' main priorities. Even though the little details of every game, match, or competition may eventually fade, the memories of the team of which they were a part will last an eternity. Through the ups and downs the Spartans stick together, even if the season wasn't the greatest one. Every team trains differently, but they all represent the Spartan name just as well as the next. Athletics are the blue prints that make up PHS; everyone in this school bleeds blue, because the Spartan Nation is the best one out there.

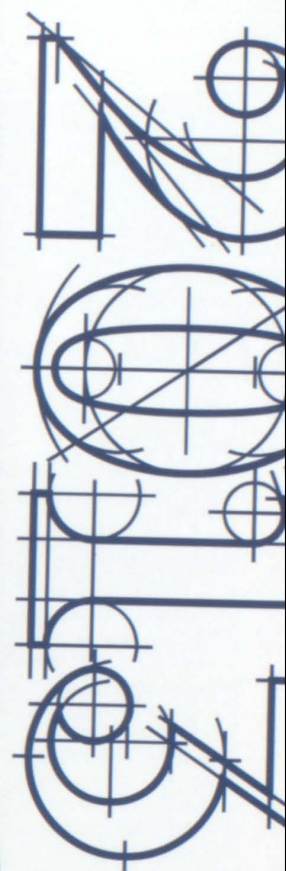
Author: Section Editor Jessica Byrne

Below: Strong determination in the eyes of Ivan Druskovich as he watches his opponent.



Clockwise: A Paramus Swimmer competes in the backstroke; The Spartans attempt a rebound on the court; Jon Han, Carlo Antonio, and Ben Jen pose proudly at the end of their halftime show; A tennis player shows her skills as she keeps her eye on the ball





The Paramus Cheerleaders caught in the middle of their halftime show while flyer, Azita Mousavvian, is thrown in the air by her teammates.

Shawn Ho returns a ball on the tennis court.

Athletics

Marching BAND



Vince Calupad, Jonathan Han, David Choi, Sujin Kim, Gabrielle Zeiler, Sam Lee, Max Wu, Mayu Masumoto, Elise Krupinski, Grace Kim, Kate Melillo, Todd Jay, Sabeena Singhani, Fiona Fujita, Kripa Patel, Arianna Baria, Alison Butler, Lillian Do, Vana Ekmekjian, Colleen Finnegan, Kate Garcia, Chrysanne George, Rebekah Guidroz, Carolyn Haynes, Amanda Ho, Lynn Kao, Rachel Kordell, Jennifer Pagliaro, Sylvia Pak, Julia Reynolds, Courtney Smallze, Zoe Spiegel, Victoria Stabile, Amy Zambrano, Brian Ryo, Mimi Tsang, Amy Kim, Marina Elgalwy, Ariana Dellosa, James Fox, Eric Lazaro, Charlie Spiegel, Michelle Zhao, Michael Albacete, Joseph Cinnante, David Kim, Thomas Lillo, Zachary Yabroudy, Monica Gu, Hajeong Lim, Krishna Patel, Tracey Shao, Cassandra Stone, Joe Kwak,



Mike Passarelli, Jonathan Kim, Victor Kim, Anthony Llavarias, Arun Philip, Dan Toppo, Alison Wolfer, Mansi Shah, Caitlin Butler, Anjali Shah, Juliette Chu, Renee Payumo, David Edelstein, Amy Park, Brianna McCabe, Ashley Kim, Michelle Lu, Dahee Lee, Kathryn Roque, Alexa Cascione, Erika Soto, Camille Calupad, Wendi Zheng, Brittany Hovan, Richel Diaz, Carlo Antonio, Yuka Masumoto, Tasuku Nakagaki, Seth Stern, Albert Buchholz, Robert D'Arrigo, Ben Jen, Rohan Patel, Andrew Camaj, Jon Fischetto, Connor Hagen, Brian Marino, Marina Sakrellakis, Jessica Melillo, Sol Lee, John Picarelli, Josh LeRose, Frank Frasco, Noriko Taira, Tyrell Spigner, Peter Lee, Joseph Bacich, Adam Basner, Nicholas Gijni, Gina Ruzhansky, Jeff Verbovsky, Brandon Alcaide, Jaeyoon Yoo, Sylvan Lyu, Alex Perillo, Sunwoo Moon, and Alan Lu

Left page, clockwise:
Andrew Camaj plays his sax with Spartan pride;
Sam Lee contributes to an amazing halftime show; Ben Jen performs his awesome solo; Drum Major Jon Han conducts the band and plays at halftime.



Right page, clockwise:
Junior Alison Wolfer stands proud during her performance; The band performs their flawless halftime show; Joe Kwak keeps the beat; Some members of the Color Guard pose for a picture; Ariana Dellosa and Monica Gu have fun at the fall pep rally. Senior Marina Elgalwy waits for the call to begin the performance.





Top Row: Jon Han, Sol Lee, Joe Kwak, Arun Philip, Ben Jen, Carlo Antonio. Bottom Row: Rachel Kordell and Jenn Pagliaro all hold leadership positions in the music department.

Sounds of New Jersey

Author: Carlo Antonio and Jonathan Han

The 2012 Spartan Marching Band half time show titled, "The Boy's From Jersey" featured the music of Frank Sinatra, Frankie Valli and the Four Seasons, Bon Jovi, and Bruce Springsteen. In four years as a marching band member, we have never experienced such an enthusiastic audience response and emotional connection to our musical performance. This achievement we earned is truly because of the members of the band, and whether they had one, two, three, or no years of experience, every member was the same under the royal blue and white uniform and we were all part of the same family. The never-ending enthusiasm and readiness of everyone during rehearsals, games, and competitions is what made this year so successful and one to remember. It is only fitting that we dedicate our Jersey themed half time show to those who were affected from Hurricane Sandy, and wish for a healthy recovery so we can all once again be Jersey Strong. As Drum Majors of the 2012 Spartan Marching Band, we are thankful for the support from our Directors, Staff, and Captains. We are the Pride of Paramus; The Spartan Marching Band.



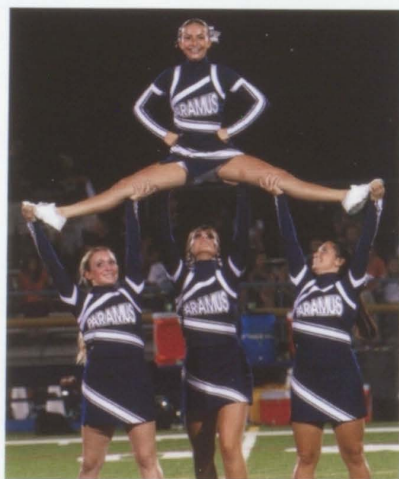
PARAMUS cheerLEADING



Head Coach: Fran Wengrin; Varsity Team Includes: Captains Nicole Herrmann, Jessica Byrne and Alyssa Finizio, Azita Moussavian, Sharon Okechukwu, Ashley Simpson, Brook Bukowski, Alexandra Luppino, Kimberly LaVecchia, Justine Rizzitello, Lindsay Braverman, Nicole Tomic, Alexandra Arrighi, Pia Belmonte, Kimmie Ellsworth



Left page, clockwise:
The girls perform a stunt at halftime; All the seniors take a picture on the field; The girls practice a stunt on the sidelines; Senior captains, Alyssa Finizio, Nicole Herrmann, and Jessica Byrne get together and pose for a picture.

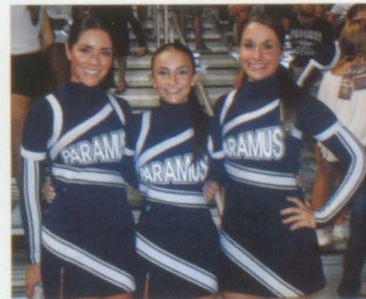
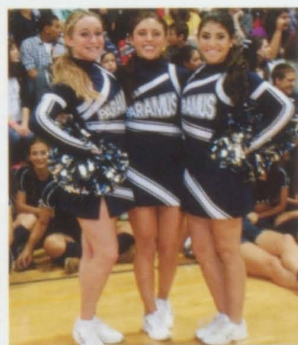
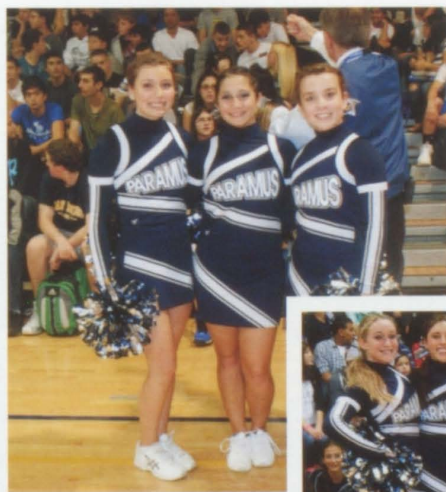


Right page; clockwise;
Brooke Bukowski and Alex Lupino do an energetic cheer on the sidelines; Some of the younger cheerleaders pose during the fall pep rally; The team performs a flawless routine at halftime; The cheerleaders encourage the fans to celebrate.





JV Team Includes: Captains Christina Huergo and Yarra Abwini, Morgan Zysman, Danielle Steinberg, Alyssa Rizo, Kayla Bosticco, Bella Velez, Alyssa Stoclecki, Morgan Duffy, Alix Gallipoli



This season



has been an unforgettable one. There was a lot of new girls on the team this year, so we had a lot of work to do before the first game. It was a little rough in the beginning, but with everyone's hard work we were able to pull everything off and came out with a great routine. Even though there were some set backs throughout the season, like a major injury to an important back spot, it did not stop us. It took a lot of practice, but we were able to fix our routine and make do.

We would like to thank our coach Ms. Wengrin, who always encouraged the best from us, and we would also like to thanks Ms. Sarnoski, who helped us with learning new stunts and coming up with new ideas. Without their help the season wouldn't have been the same.

Every year the team grows very close, and it will be sad when the season comes to an end. However, we have all gained a lot from the program and have gotten to know new people we normally wouldn't have. The good times we had won't be forgotten. There has been so much improvement over the months, and all the work done at practice really pays off during our halftime performances. We are proud of how this team came together, and we thank you all for a great season. Good luck to next years team!

—Your 2012 Captains—

PARAMUS footBALL



Varsity Football Team Includes:

Head Coach: Dan Sabella and Asst.

Coaches: Jerry Somma, Joe Traina,
Lorenzo Passano, Brian Doyle, Jeff

Katzner, Bryant Wilkerson,
and Tony Raia

Jeffrey Carpenter, Dominic Smith,

Josh Garcia, Brandon Sebahie, Bryce

Jacob, Tyler Smith, Chris Sabo, Mike

DeSimone, Jack Demurjian, Nick

Torcivia, Michael Mimmo, Chris

Adamo, Darius House, Phil Tilercio,

Steven Regalbuto, Stefan

Stojanovich, Chris Voorhis, Jonah

Molina, Matt Tozzi, Matt Lewis, Ivan

Druskovich, Joey Binns, Marc Bari,

Patrick Nobleza, Dwight Wise, Ali

Bayat, Joe Pierro, Nick Loftiss, Peter

Lee, Brandon Manosalvas, Zach

Zysman, Frankie Ventura, Josh

Rollins, and Jason Hall



Left page, clockwise:

Coach Sabella gives

the team a pep talk;

Matt Tozzi, #48, takes

down a player on the

opposing team; #13

runs the ball down the

field; Anthony

Feorenzo; #32, gets

ready for an intense

play.



Right page, clockwise:

Josh Rollins, #80, sets

up for a nice punt;

The quarterback

drops back for a pass;

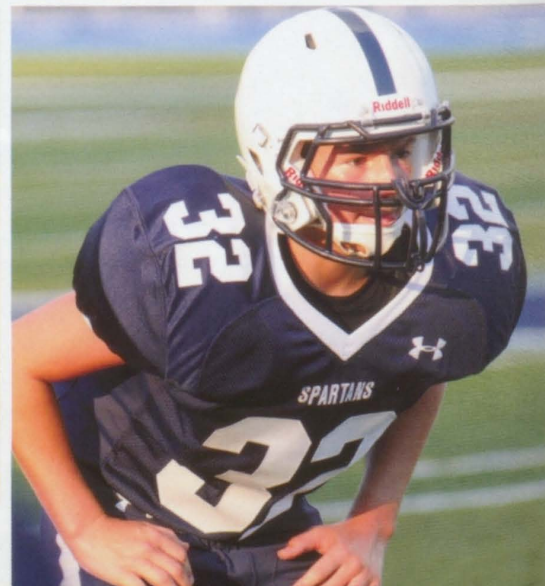
Jason Hall gets ready

for the game; Dom

Smith and Steven

Regalbuto team up for

a tackle





Freshman Football Team Includes: Raymond Bauzon, Chris Regalbuto, Isaac Belloso, Derek DeLaCruz, Andrew Cruz, Kevin Datz, Joe Capone, Baret Gulbenkian, Jose Tiro, Frank Licari, Brandon Sullivan, Zach Remes, Kyle Errick, Alex Munoz, Raymond Kassas, Franklin Traponi, Brandon Loftiss, Travis Fonseca, Sam Daniels, and Haggai Kim

Head Coach: Max Katzner and Asst. Coach Rich Jopp

2012 proved...



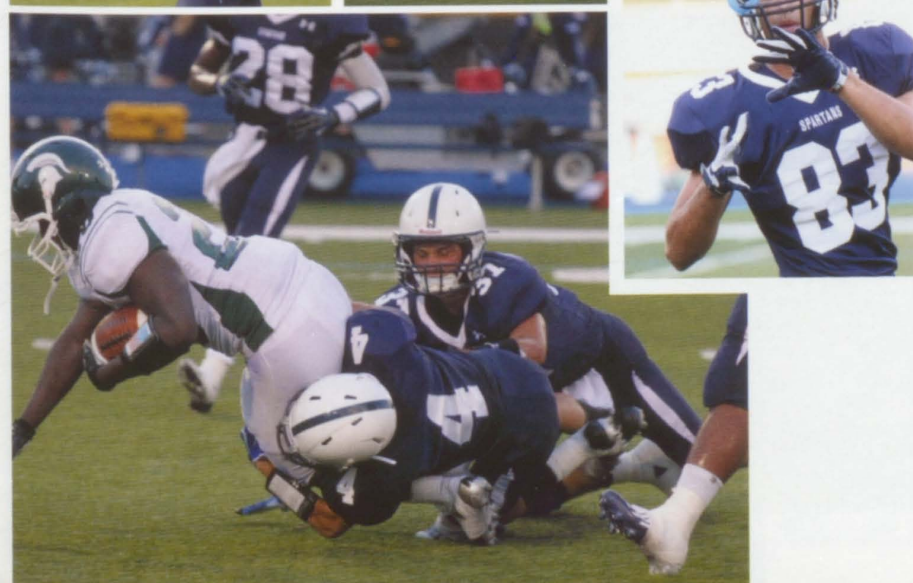
to be another exciting season for the Paramus Spartans Varsity Football Program. The team consisted of thirteen seniors, many of whom have been a part of our program for all four of their high school years. These young men provided great leadership to the younger players and displayed a strong work ethic throughout the season. Some accomplishments this year included winning the inaugural Big North Colonial League with a 4-0 record which included wins over Wayne Valley and rival, Wayne Hills. We also qualified for the North 1 Group 4 playoffs for the sixth consecutive year. Plus, we have also been ranked in The Records Top 25 for most of the season.

Captains Matt Tozzi, Brandon Monosalvas, and Joe Binns led the way for a team that had a nice mixture of veterans, especially on the offensive and defensive lines. Many of the skill positions consisted of talented underclassman.

Our coaching staff enjoyed watching the progress our players made over the course of the season. We believe it's not how you start, but rather how you finish that defines your performance. Our players stayed together through good and bad times and exhibited great character and unselfishness and made us all proud.

We will miss our seniors, but always remember you have left a strong impression on our program and accomplished many highlights during your careers. It is now up to your underclass teammates to carry on the tradition!

—Coach Sabella—



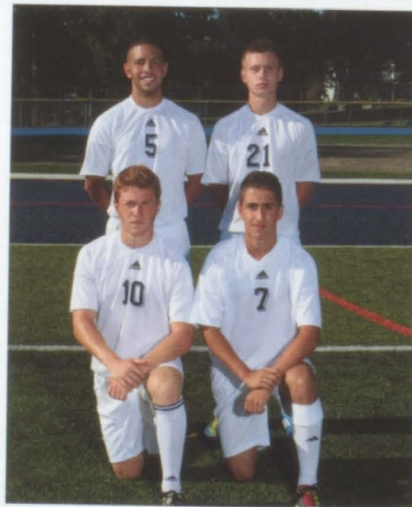
PARAMUS boys SOCCER



Varsity Team Includes:
Max Brodarzon, Shane Chung,
Frank Darrigo, Bobby Delli
Venneri, John Frischkorn, Joe
Icovacci, Brian Lama, Adrian
Londono, Rushil Surapneni,
Lucas Tasci, Ronny Weiss, Davis
Yoo, Danny Melon, Dan Roh,
Hajin Lim, Nick Dovlatyan,
Sebastian Vargas, Benji Audi, Tom
Bores, Randy Casallas, Connor
Hagan, Andrew Licini, Mike
Bartner, Tommy Casale, Alec
Kaminer, Giovanni Piccione, and
Mike Virgone
Head Coach: Al Romeo, Assistant
Coaches: Rob Romeo, Kirk
Bormann and Willy Londono



Left page, clockwise: The senior
captains pose for a picture
together; Lucas Tasci, #7, runs
dribbles the ball down the field,
#4 dives to save the ball.
Right page, clockwise: #9
skillfully handles the ball; A
player fights to keep the ball
away; Max keeps his eye on the
ball; All the seniors get together
for a picture



JV Team Includes: Ryan Bucci,
Alex Epstein, Krzysztof Gadek,
Justin Lee, Mike Bessette, Joe
Akdemir, Kevin Sula, Matt
Riebesell, Guy Milazzo,
Brandon Birdsall, Ali Nathoo,
Joshua Lopez, James Baek,
Ethan Abraham, Junia Miwa,
Connor Hagan, Stephen
McGuire, Sean Perry, Andrew
Camaj, Mike Virgone, Jeff Pil,
Varun Bhatt, Joey Lentz, Matt
Lahanas, Max Wagner, Tobi
Odusola, Talin Mercado
Head Coach: Kirk Bormann





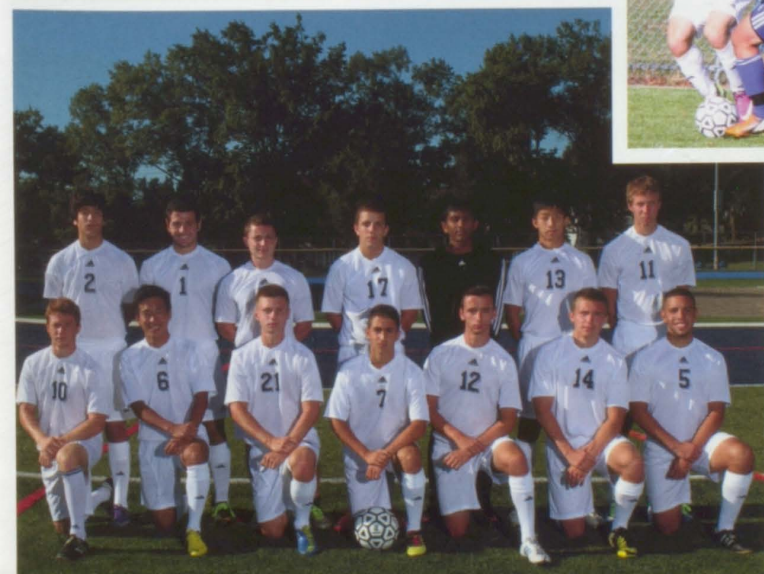
Freshman Team Includes: Connor Heim, Mike Cheripka, CJ Walker, Vinny LaBarbiera, Matt Bari, Jack Bessen, Tony Saad, Nick Frischkorn, John Cameron, Kevin Lee, Yonni Pier, Nick Ghichlian, Norman Antonio, Richie Mason, Ronnie Zamchack, Greg Fusco, Paul Lincini, Anthony Cianni, Justin Weinstock, Scott Rosenburg, Danny Kim, Joe Christie, Noah Thomas, Adam Slipiac, Eric Lazaro; Coach: Timothy Donohue



This season...

the key seniors for the Paramus High School varsity team of 2012 have been Max Brodazon, Lucas Tasci, Brian Lama, and Adrian Londono. We would all like to thank both coaches, Coach Al Romeo and Coach Robert Romeo. We would also like to thank Willie Londono and Vinnie Romeo. All of them have provided us with motivation, training, and experience.

Playing soccer as seniors is a period of time that will never be forgotten. Since the summer, there has been so much improvement on the team, and was satisfied with the chemistry this team shared. We wish good luck to next years seniors, captains, and team of 2013! Thank you for a great season!



PARAMUS

girls SOCCER

Varsity Team Includes: Noel Hodgins, Victoria Poplaski, Kelsey Settecasi, Erica McCausland, Sarah Cortes, Katie Weiss, Ariella Audi, Roslyn Acuna, Francesca DePalo, Nicole Pituras, Kristin Mason, Lorraine Moffitt, Nicole DiPasquale, Amanda Matesic, Brooke Magalhaes, Jen Pechman, Stephanie Pallotto, Brittany Stone, Julia Koenemund
 Head Coach: Glenn Haug
 Assistant Coaches: Stephanie Murri and Michael Liberti
 Volunteer Assistant Coaches: Amanda Faley and KimmieWizek



Left page, clockwise: Sarah Cortes, #8, kicks the ball away from an opponent; The girls huddle together on the bench to stay warm; Noel Hodgins, #2, faces an opponent;
 Right page, clockwise: Sarah Cortes, #8, skillfully handles the ball; The varsity players play an intense game; Stephanie Pallotto gets ready to throw in the ball; A player makes a powerful kick; #71 scans the field.



JV Team Includes: Larissa Fox, Julia Totten, Samantha Ferguson, Melisa Akdemir, Stephanie Engleleit, Taylor Smith, Nicole O' Connor, Alexa Colontino, Nikki Romaglia, Alyssa Jacob, Grace Giamo, Laura Kerkendall, Ashika Patel, Danielle Tripodi, Petra Stojanovic, Kristi Garino, Esmey Vergel; Head Coach: Chris Nutland





JV Team Includes: Bella Blanco-Rivas, Nadine Haddad, Ariana Zarour, Emily Colosante, Lorraine Moffitt, Lil Lipovetsky, Alexa Salinardi, Nicole Cagar, Colette Zarour, Larissa Fox, Ani Avanesian, Abby Kreczkowski, Leah Paterno-Olivari, Ashley Cantone, Ashika Patel, Erin Davis, Deena Kleinstein, Daria Piazza, Head Coach: Danielle Cibelli

Paramus girls...



soccer started out as a young team with only three seniors this year, but with a lot of hard work and practice we were able to finish off the season with a 12-7 record. We as the three seniors are going to miss the program and all the girls in it. we especially are going to miss the 2012 varsity team. We know you girls will have a very promising next few seasons ahead, in which we wish you the best of luck.

We would like to thank our coaching staff for always having our best interest at heart and always trying to make us as successful of a team as possible. We'll always remember things like the Blue and White game and all the pasta dinners. Beating Ridgewood for the sixth consecutive time will definitely be a proud moment for us all. Girls soccer for Paramus has always held a winning tradition and we hope the girls that come up through the program keep up the PGS pride.

Love always your 2012 captains.



PARAMUS crossCOUNTRY



Varsity Cross Country Team
Includes: Jolie Bartner, Lindsey
Lucas, Lauren Mihalik, Mike
Secreti, Erik Helstrom, Yusuke
Oshimizu, Danny Paolazzi
JV Cross Country Team Includes:
Tori Petruzzella, Shefalee Vohra,
Melissa Perez, Kasumi Kuriki,
Jasmine Pineda, Brielle Eisler,
Emma Kuderka, Katie
Baumgardt, Jamie Takahashi,
Brian Salamanca, Mike
Thompson, Gage Bellina, Mike
Merlino, Zach Reuveni, Kenny
Ehrenberg, Mark Kolodkin, Jesse
Christie, Dan Piazza, and
Amit Rana
Head Coach: Jeff Schorling and
Asst. Coach Kelly Clark



Left page,
clockwise: These
two cross country
runners don't let
anything stop
them; Kenny
Ehrenberg has his
mind on the finish
line; All the seniors
show the support
they have for one
another.



Right page, Top: Gage
pushes through the pain
of the long run.
Clockwise: Mark
Kolodkin and Brian
Salamanca show off
their endurance during a
meet; A cross country
runner shows his
dedication in his race;
Mike Secreti is
determined to win for his
team; A runner doesn't
let the weather affect his
performance.





Freshman Cross Country Team Includes: Hershil Patel, Dion Calupad, Ben Roth, Tim Ference, Alex Gee, Chris O'Connell, Blu Frankel, Anthony Rogalny, Phil Kim, and Kenya Kuriki



The Spartans...

have been highly successful throughout the 2012 cross country season. Despite being in the hardest conference in the county, both teams finished with respectable dual meet records. The boys' team was one of the best in Paramus history, qualifying to the Bergen Meet of Champions and earning Paramus a spot in its first State Group Championship meet in fifteen years. The girls' team won the Sportsmanship Award for their outstanding display of respect for the competition. Coaches Jeff Schorling and Kelly Clark coached many athletes to all-league and all-county honors. The boys' team was led by senior Mike Secreti and junior Erik Helstrom, while the girls' team was led by junior Lindsey Lucas and senior Jolie Bartner.

The level of success that both teams achieved was not attained through an easy journey. Summer workouts commenced as early as late June and each individual logged countless miles—often through heat waves and rain. All the miles paid off as 5k times improves drastically throughout the season. Just as quickly as the times decreased, team chemistry increased. Between long runs, bus rides, and pasta dinners, unbreakable bonds formed and what had started as a team had become a family. An unbelievable amount of support and Spartan pride was displayed as the junior varsity and freshman teams painted themselves and cheered for the varsity teams. Although running is an individual sport, the team's success is built off the support of each other. Great things are expected in the years to come as the team continues to grow.

Varsity girlsTENNIS



Varsity Team Includes:
Sunny Yoon, Ashe
Magalhaes, Kristina
Nicholas, Aari Lee,
Cindy Wu, Giana
Scimeca, Sally Lee,
Head Coach: Jonathan
Morrisette



Left page, clockwise:
Sunny Yoon gets
ready to hit the ball;
Kristina Nicholas stays
focused; Ashe
Magalhaes gets her
game face on.



JV Team Includes: Mayu
Masumato, Yuka
Masumato, Payal Kapadia,
Jay Lee, Alex Ivanicki,
Ashka Sevak, Amanda
Aydin, Pankti Acharya,
Lakhini Vyas, Christina
Jeong, Regina Smith,
Michelle Yeung, Dianna
Ban, Joyce Yeung, and
Mio Nagasaki





Below: The four seniors take pride in their season. Clockwise: A player hits the ball to the opponent; Sunny Yoon shows off her skills; A team member hits the ball forcefully; Ashe Magalhaes is determined to win; Aari Lee gets her head in the game.



Author: Sunny Yoon



With...

six of the seven returning varsity players, Coach Morrisette had a lot of hope and faith in us from the very start of the season. Although he struggled to find the final person to complete the roster, it wasn't long before senior Aari Lee rose to the spotlight and earned her spot as the seventh member on our team. Lead by our co-captains junior Gianna Scimeca and myself (Sunny Yoon), we were able to produce much success throughout the season such as the fourth place finish in the Fall Classic Tournament held at Ramapo College.

Our 7-12 seasonal record is not indicative of our talents and says little about how much dedication, patience, and success of this team. Tennis is an individual sport but there is no doubt in my mind that we are a team. Both on and off the courts we could always count on each other to cheer and be there no matter how we played or what the score read. Tennis starts with "love" which means zero in tennis, and after four seasons i could most definitely say that it was the basis of our bond. I couldn't possibly ask for anybody to share some of the most heartfelt memories with. I am proud to have been able to be a part of this team and am thankful that I can leave knowing I've made some of the best memories with some of the most unforgettable people.

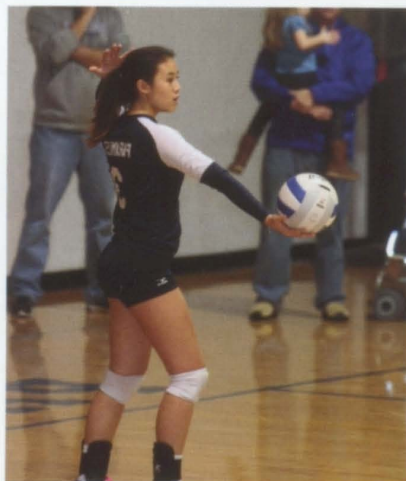
Varsity volleyball



The Varsity Team
Includes: Stephanie
Garino, Erika DiPasquale,
Sky DiGirolamo, Danielle
Mercado, Tori Ondo,
Mindy Gee, Nikki
Molfetas, Maria
Bellinger, Gina Kisley,
Jessica Chakonis, and
Carly Turton
Head Coach: Maria
Elena Bellenger and
Assistant Coach Holly
Santos



Clockwise: Stephanie
Garino gets ready to
serve the ball; The
senior captains show
their love; Chakonis,
the libero, digs for
the ball.



The JV Team Includes:
Joanna Su, Erica Cruz,
Taylor LoPresti, Taylor
Kellenberger, Hayley
Hoffman, Dana
Devaney, Alexa Guidetti,
Julia Castronovo, Melissa
Dalessio, Ellen Kim, Elli
Chernichaw, Paige
Garlasco, Ashley Dunn,
Jennifer Fusco
Coach: Adrienne Moe





The team huddles before a game for their pre-game ritual. Clockwise: Maria Bellinger hits the ball forcefully; The varsity players get in the zone; A player is determined for her team to win.

Our Record:

21 wins

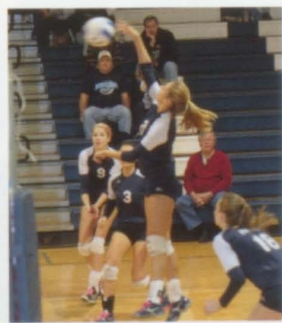
6 losses

Since December of last year, our program has been training consistently for this season. We would go to the weight room and hold after school practices. In the summer, we committed even more as we competed in our Ridgewood (summer) league, gold medal squared volleyball camp, captains practices, and boot camp. Physically we got ourselves ready and every day till our last game we've conditioned and have trained to our fullest ability.

Although our team has been physically capable throughout the whole season, our chemistry has helped us get through it, and has helped us win many of our games. We would always be together because we wanted to be. Some of our favorite memories from this season were from our team bonding- we've had so many team pasta dinners, we've gone out for icecream, Baltimore, we got pink hair extensions for breast cancer together, made Ridgewood shirts, did our team scavenger hunt, and wear the same color everyday for unification.

Our season wouldn't have been possible without the support of the coaches. Paramus volleyball is the most winningest one in NJ- and we have respect and take pride in representing it. Without the commitment Coach Bellinger, Coach Holly, Coach Dana, and Coach Moe made, our season wouldn't have been possible. Plus, the support of the JV and freshman teams have helped us through games while they cheer us on.

Our swag is contagious.



Freshman Team Includes: Abby Cho, Jamie Shaw, Nancy Huffman, Karyssa Mazure, Katie Anzalone, Sabrina Sewall, Lauren Andersen, Katarina Sadlon, Rianna

McNamee, Angela Zisa, Angeal DiPasquale, Ashley Dil, Mia Librie, and Camilla Montalvo Coach: Maggie Touloughian

PARAMUS boys BASKETBALL

Varsity Team Includes: Justin Link 42, Pali Gashi 15, John Morella 23, Matt Pechman 24, Yusuke Oshimizu 5, Stile Kang 34, Gio Piccione 11, Eddie Ghigliotty 4, Steven Kostopolous 44, Pavan Mahtani 10, Kevin Pagliaro 22, Joe Raimondi 13
Head Coach: Patrick Gabriele



Pictured Right: Captains John Morella and Matt Pechman.
Far Right: Pali Gashi inbounds the ball



Right: Freshman Team poses with their coach



Far Right: John Morella drives to the basket on the way to earning his 1000th point - becoming a Spartan legend!



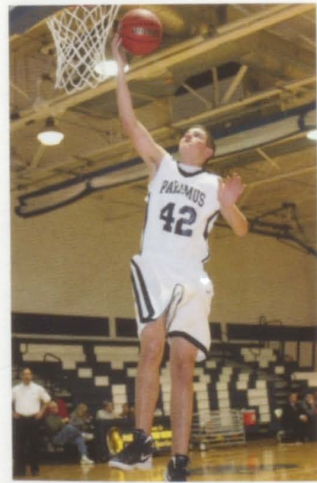


Below: JV Team and coaches, Below clockwise: Justin Link jumps for 2. Matt shoots 3, Pavan Mahtani warms up before the game, Pechman drives past an opponent, the coach huddles with the team at the quarter.

Shoot Three

Author: Captain Matt Pechman

First, I would like to thank Mr. Roll for giving the basketball team an opportunity to be successful. The coaching staff this year was great. We learned a lot as a team and we made great improvements throughout the season. As a team, we adapted to the type of players that we had, we weren't the biggest team but we would hit you whenever we could. The strengths of the program was how many kids that we had playing. The best memory from this season was when we beat Old Tappan, who was a top ten team in Bergen County. I would like to thank the seniors for the hard work that they put into making this season successful. I think that we are heading in the right direction and they will get better and better.



PARAMUS girls BASKETBALL

Varsity Team Includes: Head Coach Scott Papetti, Asst. Coaches Steve Lenart and Melissa Sinclair; Team: Stephanie Pallotto, Brittany Stone, Sabrina Helm, Dara Devaney, Ashley Dunn, Alexa Colontino, Karla Kristo, Nicole DiPasquale, Julia Koenemund, and Rianna McNamee



Right: Stephanie Pallotto looks for an open teammate so she can pass the ball.
Far Right: Captains Brittany Stone and lone senior, Stephanie Pallotto



Freshman Team Includes: Head Coach Melissa Sinclair; Team: Rebecca Miksi-Sahdo, Stephanie Aponte, Lynn Zamechek, Victoria Samuel, Catherine Kennedy, Adam Kebbeh, Michelle Davidson, Urja Sevak, Mansi Shah, Jamie Gehler, Wendi Zheng, and Eileen Dugan





JV Team Includes: Coach Steve Lenart; Team: Sabrina Helm, Elizabeth Reyes, Karla Kristo, Alexa Colontino, Hanah Kertesz, Victoria Laoudis, Nisha Mahtani, Rianna McNamee, Alyssa Jacob, Jade Brock, Eileen Dugan, and Wendi Zheng

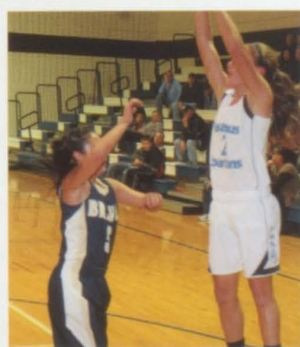
A New Generation

Author: Senior Captain Stephanie Pallotto



This year our team was comprised of a lot of young players and only one senior. There was a lot to be learned and the league was difficult. At times, we as a team struggled, but we worked hard and won a lot of games as well. We became very close as a team and had a lot of good times together. We were fortunate enough to celebrate with Captain Brittany Stone on her amazing accomplishment of scoring 1000 points this season as well. An impressive feat for any athlete, and Brittany still has another season to add to her total.

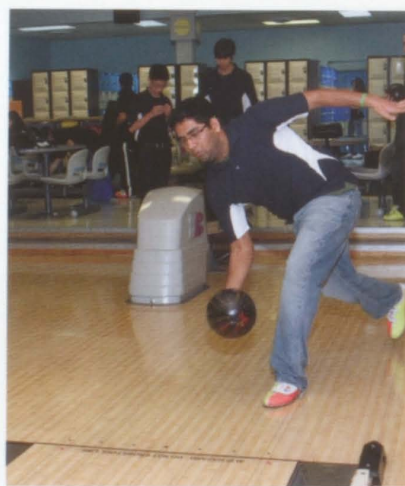
As the only graduating player, I wish all the best to the rest of my teammates who get another year to play together. I know the entire team would like to thank our coaches for all the time and effort they've put into making this team better. I love you girls and can't wait to visit next year!



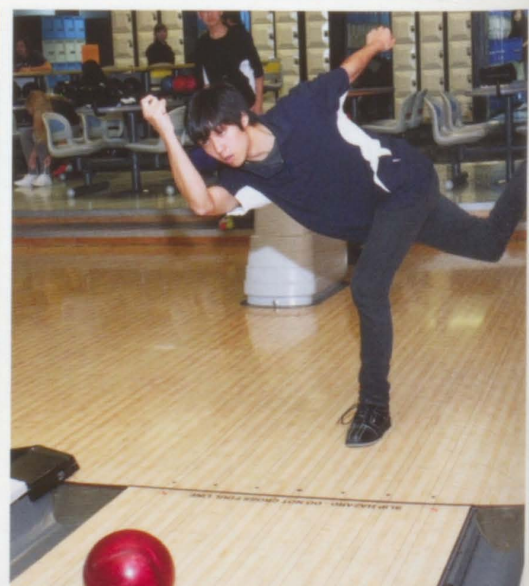
Dartmouth spartan BOWLING



Right: Head Coach Jon Morrisette with the senior members of the bowling team

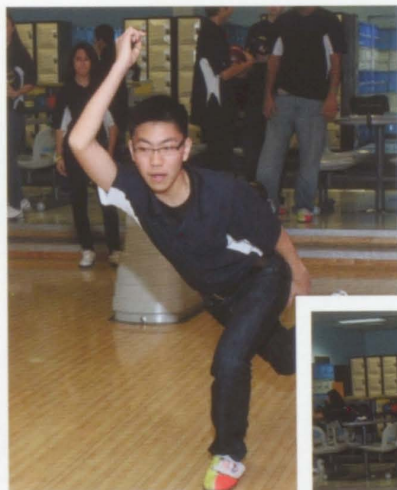
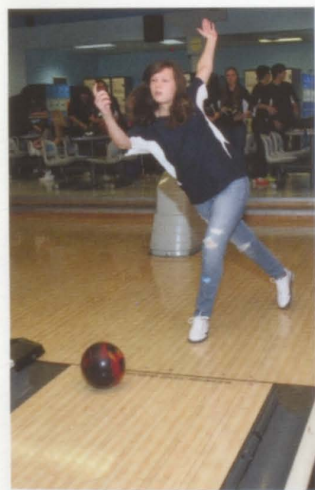


Girls Bowling Teams Include:
 Brittany Hovan, Haley Hassan, Noel Hodgens, Kristin Mason, Ellen Kim, Michelle Kim, Victoria Agnello, Amy Kim, Diana Cho, Tara Lucas, Jackie Lucas, Tori Petruzella, Valerie Miko, Kate Gengler





Boys Bowling Teams Include: Takuya Tokunaga, Anthony Marshall, Vijay, Khilnani, Alix Lin, Kohei Ito, Jared Herrmann, Matt Riebesell, Ali Nathoo, Josh Emrahi, Hamza Din, Seth Stern



Hitting the Lanes

Authors: Boys - Takuya Tokunaga and Alex Lin
Girls - Kristin Mason and Noel Hodgins

What was unique about the Paramus Bowling team was that we did not have a singular strong leader, but rather our powerful communication was able to unify and help us build a solid team. The key for our success came from several factors. During the season, we developed a good method, and all the team members committed to that method. Everyone had the upmost respect for each other, and each of us shared a common goal. One major reason for our success during the season was due to our careful guidance under Coach Morrisette. Our entire team would like to thank him for such a great season this year!

Over the years, our team has proved to be not only a talented group of bowlers, but also a close-knit family. Although our season is over, our memories of bowling at the alleys, eating cheese-fries at the diner, and simply having a good time with each other will continue to linger with us. I believe I speak for the entire team when I say that I will truly miss Paramus Bowling! Congratulations Paramus Bowling 2013!

Over the years, bowling has come a long way. This year, we had our strongest team both boys and girls. Brittany Hovan was a key player on the girls team. She bowled a 300 in a match, which was the first ever perfect game in school history. Freshman Haley Hassan also contributed to the team, along with Noel Hodgins and Kristin Mason, who started bowling last year. For the boys, Takuya Takunaga was an important asset, joined by Vijay Khilnani, Anthony Marshall, Alex Lin, and Kohei Ito. The girls team fell one match short of winning the league championship, which would have been a first for Paramus. The team became very close of the season after countless trips to the bowling alley. Our greatest success came once we learned how important it was to pick each other up and play as a team. Special thanks to Coach Morrisette for being a great coach, being so patient, and always staying positive with us... and for the countless cheese fries!

SPARTANS iceHOCKEY



Ice Hockey Team Includes:
 Head Coach Denis Jelcic,
 Assistant Coaches: Travis
 Bishop, Stephen Scholtz, Jake
 Rizer(Volunteer), and Chase
 Housler(Volunteer
 Goaltending; Team: Dylan
 Rizer, Steven Giambagno,
 Michael Hopkins, Justen
 Goldberg, Alex Kellenberger,
 Matthew Harkin, Christopher
 Sabo, Thomas Palestina,
 Richard Labarbiera, Steven
 Scheideler, Timothy Moran,
 Dean DeLucia, Tim Oeschner,
 Joseph Reveille, James Lyle,
 Matthew Moran, Jason
 Migatz, and Dmitri Tobar





On the Ice...

Below: Captains and Coaches



Author: Steven Giambagno



Anybody who watched the ice hockey team this year will be able to tell we weren't as skilled as in years past. Although we weren't as skilled, we had just as much heart as any team prior. No game proved our dedication more than our first round playoff game against Pascack Valley. Led by senior captains Steven Giambagno and Dylan Rizer, and stellar goaltender Alex Kellenberger, this PHS ice hockey team shocked the state with our upset win. A team who only won a few games was able to stick together all season and leave everything out on the ice for the graduating seniors. This upset meant more than just a win, it meant a continuation of success for a pride filled team. As the seniors leave this team behind, we hope the team has great success and continues to put teams in "the grave yard." We hope every senior class has as much fun as we did this past year, and that they continue the traditions and rituals left behind, but most importantly, we hope that every kid lucky enough to wear a Paramus Spartans Ice Hockey Jersey knows what they are playing for. To our teammates and coaches, who we will miss more than anything, thanks for a great year!

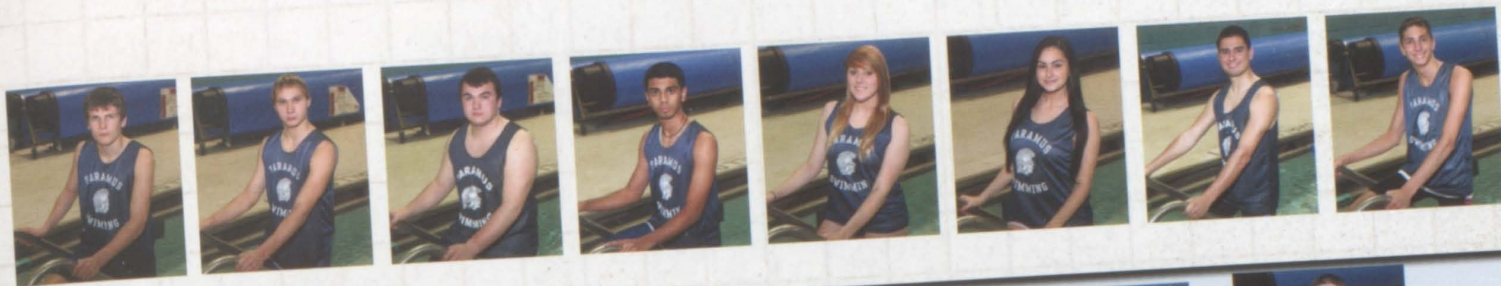


PARAMUS spartan SWIMMING



Girls Team Includes: Head Coach Tim Donohue, Assistant Coach Mamora, Attiya Bhatti, Amanda Bocekci, Christina Boyadjian, Arlene Castillo, Allison Chang, Clarissa Dimarcus, Rebecca Gilchrist, Tiffany Hsiung, Melissa Iturralde, Catherine Kim, Paige Kim, Sujin Kim, Deena Kleinstein, Maya Matthew, Karyssa Mazure, Mio Nagasaki, Laura Okechukwu, Pam Ospina, Julia Reynolds, Sarah Shin, Ali Trunfio, and Kristin Yip





Boys Team Includes: Head Coach Tim Donohue, Assistant Coach Mamora, Andrew Dunn, Kenny Ehrenberg, Timmy Ference, Dean Fujita, Max Gritz, Alen Jo, David Kim, Eric Kim, Victor Kim, Kenny Kneitel, Shyam Lad, Bryan Mosquera, Jeffrey Park, Jonathan Scrivanich, Bryan Shin, Ryan Stallone, Dan Suarez, and Harry Thomson



Author: Christina Boyadjian

When this graduating class was freshmen, we got the honor of getting a new assistant coach, Mr. Donohue. By the next year, Donohue was our head coach, along side Assistant Coach Mamora. Together, these two coaches changed the team's work ethic tremendously, and now, as seniors, their coaching mentalities and work habits have stuck. This 2012-13 season team has had the strongest bond out of all my four years here. Each team member makes a constant effort to cheer on their teammates, thus we have gradually become a family despite the diversity of the people. Not only does this team cheer each other on during meets, but in practice as well. Because of that, and our wonderful coaching staff, our team is where they are today. Each swimmer has improved greatly and the results have clearly showed within our meets. Despite the terrible sets we must endure at those awful morning practices in Lyndhurst, this team still has the heart to find the fun in this sport. If its the long bus rides or the intense games of shark in the water, there is never a dull moment on this team and that is what the seniors will remember as we move on from high school.

On behalf of myself and the rest of the graduating seniors, we would like to thank every coach, swimmer, parent and supporter that has made this year as extraordinary and memorable as it was. Thank you for the constant encouragement that this team has showed us. Keep up the hard work, I know you guys will do great, best of luck to all of you.



PARAMOUNTS winter TRACK



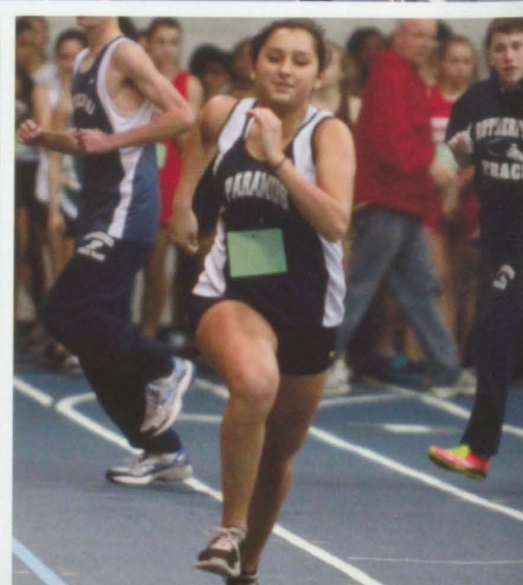
Team Includes: Head Coach
Jeff Schorling, Assistant
Coaches Paul Higgins, Kelly
Clark, and Kevin Graves.
Varsity: Mike Secreti, Jolie
Bartner, Steve McGuire,
Lauren Mihalik, Nicole
Pituras, Julia Castronovo, Alex
Gee, Erin Davis, Jasmine
Pineda, Brian Salamanca, Erik
Helstrom, Alec Gulbenkian,
Matt Schneider, Danny
Paolazzi, and Lindsey Lucas



JV Team Includes: Mike Albacete, David
Budnik, Norma Martinez, Camile Calupad,
Katie Weiss, Brooke Magalhaes, Mike Merlino,
Kasumi Kuriki, Abby Krezkowski, Dan Piazza,
Rachel Francisco, James Baek, Alexa Guideth,
Phil Rafferty, Amit Rana, Lucas Tasci, Shil Patel,
Shiva Shukla, Jamie Held, Joe Roma, Annika
Nungra, Alyssa Nungra, Erica McCausland,
Melissa Perez, Ariana Zarour, Ariella Audi,
Mark Kolodkin, Dairia Piazza, Vince Calupad,
Aran Mahtani, Guy Milazzo, Ethan Abraham,
Collin Hurst, George Vaccaro, Charlie Speigal,
Teddy Koutros, Justin Verile, Zack Reuveni,
Jamie Takahashi, Sean Odusula, Pat Nobleza,
Wisam Esmail, Inderpreet Dhaliwal, and
Kenny Leu.



Freshman Team
Includes: Daisy Chung,
Amanda Ho, Donna
Gonzales, Harry Nam,
Kayla Pituras, Kenya
Kuriki, Danielle Tripodi,
Angela DiPasquale, Nic
Frishkorn, Emma
Kuderka, Brielle Eisler,
Chris O'Connell, Laura
Kerkendall, Amanda
Stutz, Jamie Hwang,
Hershil Patel, Eric Yang,
and Dion Calupad





Going the Distance

Author: Senior Mike Secreti

The Paramus High School Winter Track and Field team found great success in its 2012-2013 season. Numerous school records were broken and four athletes, Briana Salamanca, Alek Gulbenkian, Matt Schneider, and Mike Secreti, qualified for the Group 3 State Championships in Toms River.

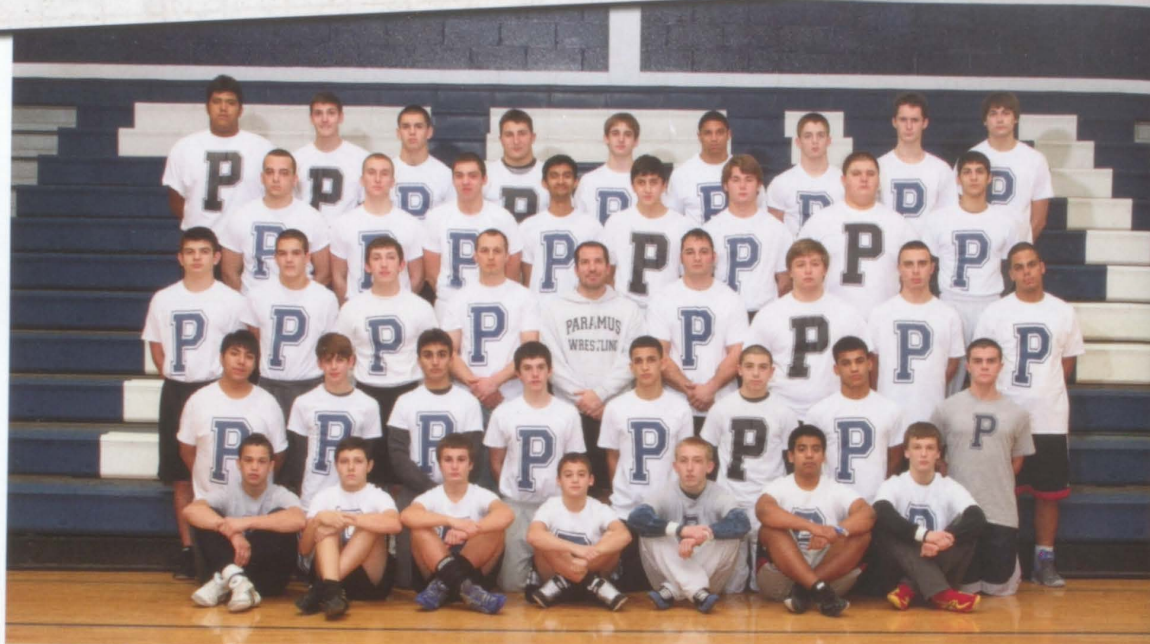
Some school records broken include the boys 6400M relay, boys Shuttle Hurdles, and the boys Pole Vault relay. Additionally, many other key athletes helped out the Spartans, including Ashe Maghales, Jolie Bartner, Jade Sobh, Kenny Leu, and David Budnick.

There are many great things expected from the Winter Track and Field team in the future and it's all thanks to our coaches, especially head coach Jeff Schorling, parents, community, and most importantly our dedicated athletes.

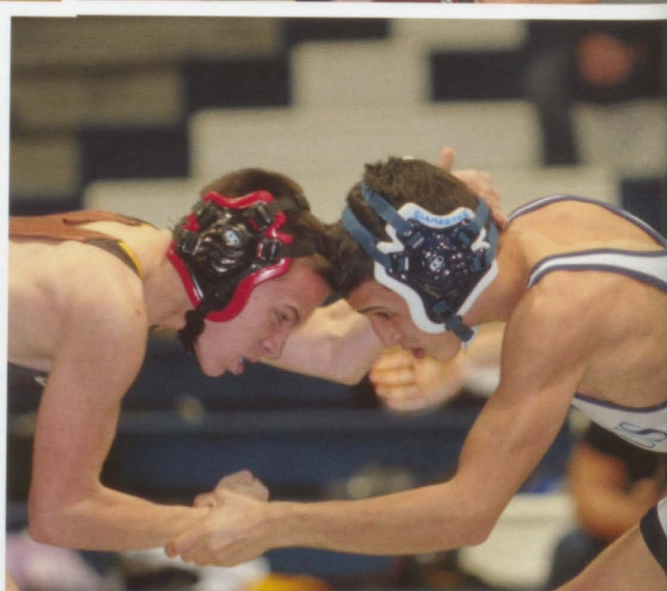
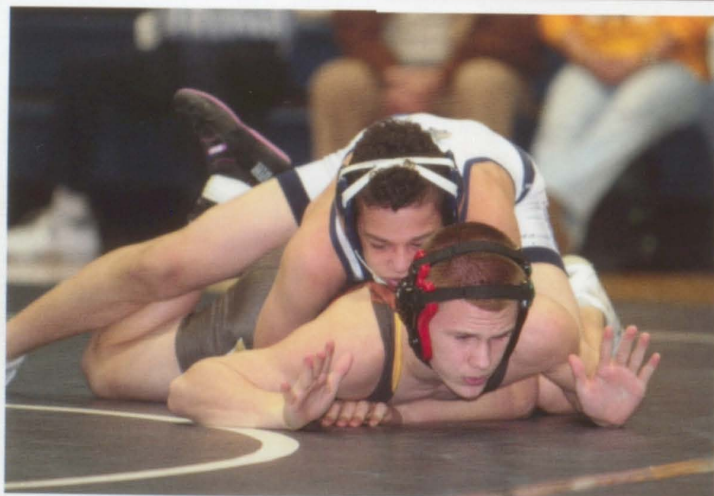
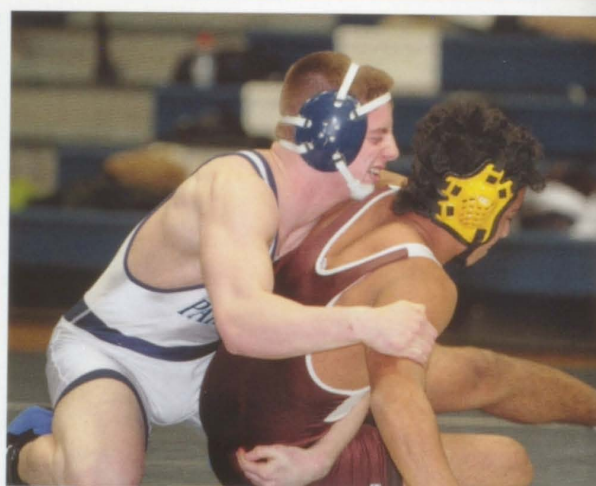
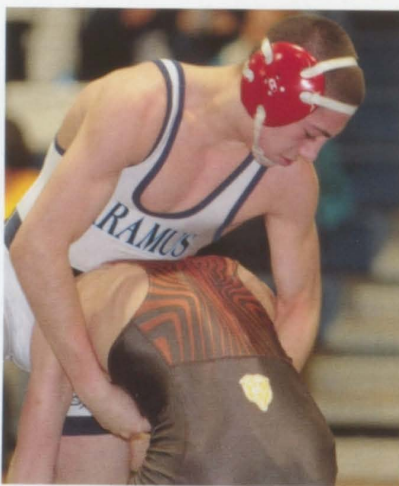


PARAMUS spartan WRESTLING

Wrestling Team Includes: Head Coach Steve Klass, Assistant Coaches Chris Falato and Paul Siemone, Varsity: Anthony Agnello, Stephen Renzulli, Nicholas Ciabrone, Eric Giannantano, Brandon Lopresti, Justin Cochran, Brandon Loftiss, Nick Loftiss, Gage Bellino, Michael Daniele, Nick Pettineo, Joe Capone, Laith Abwini, Joe Trovato, Nick Spinoso, Alex Sebahie, Nick Bucci, Driton Maloku, Matt Alpher, Brandon Manosalvas, Brandon Sebahie, Matt Tozzi, Derek De La Cruz, Chris Voorhis, and Johnah Molina



JV Team Includes: Aria Nassairad, Joseph Devito, Andrew Bibrie, Colin Richardson, Anthony Zambrano, Kyle Errick, Chris Colon, Adel Shqair, Sam Lee, Aris Gungormez, Jafar Ali, Nick Datz, Talin Mercado, and Jack Bessen



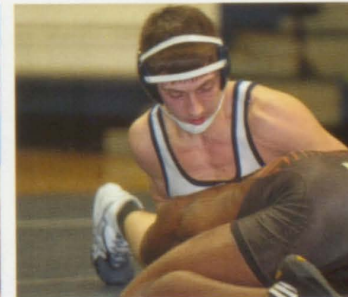
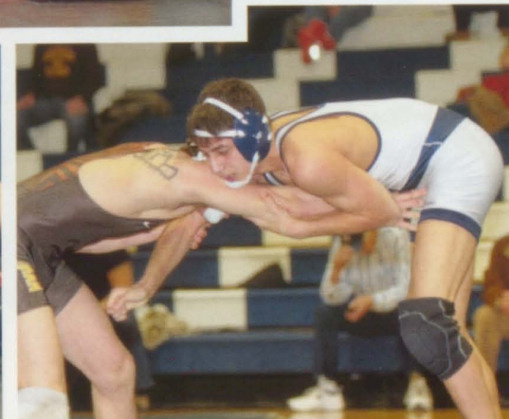
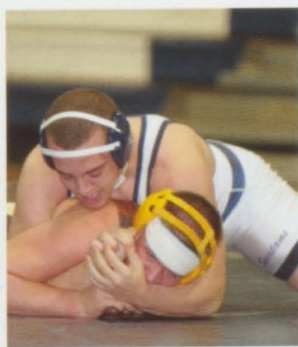
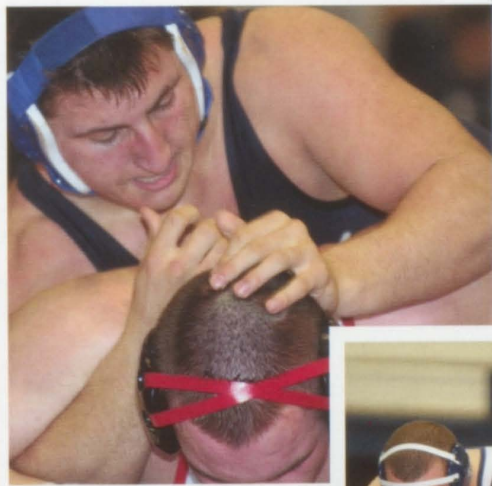


Hitting the Mat

Author: Matt Tozzi

Wrestling is a different sport than your average high school Friday night event. Wrestlers have to not only be strong physically, but also mentally. It takes a lot of time and dedication to wake up at 6 a.m. every morning to run before the teachers even get to the school. At some point in time, we all break physically from exhaustion, but the coaches are the ones who won't let us break mentally.

Coach Klass is one of the most dedicated coaches I have ever known. The man not only takes time out of his life to coach us, but he also gets us ready for life. Coach Klass lives in Pennsylvania and travels every morning just to get to Paramus, leaving around 5 in the morning. He gives us the respect by giving a commitment to the wrestlers and traveling a vast distance just because he cares about us that much. The coaching staff and Coach Klass are the reason that we as wrestlers are not only successful on the mat, but also off the mat.



PARANETS spring BASEBALL



Varsity Team Includes: Head Coach Jon Morrisette, Alex Castro, Anthony DeCeglie, Chris Tozzi, Dan Meyers, Dominic Caporelli, Eric Rosenberg, Jimmy Hallihan, Joey Joy, Joey Tomic, Jon Fischetto, Josh Rollins, JR Chinchar, Kenny Ehrenberg, Kevin Lannigan, Lashawn Perry, Mark Diaz, Matt Ferrara, Matt Pechman, Matt Riebesell, Ronny Weiss, and Ryan Heim





JV Team Includes: Coach Wayne Poppe, Michael Batista, Mikey Diaz, Steven McGuire, Gabe Albacete, Jake Lamarca, Garrett Wiedemann, Chris Billera, Eddie Ghigliotty, Matt Ferrara, Jared Herman, Matt Warren, Alec Kaminer, Ryan Schwartz, Emil Lopez, Mike DeSimone, Glen Denegris, and Joey Lentz,

Double Play



Author: Captain Mark Diaz

Another new baseball season for Paramus, but the goal remains the same. States, counties, leagues. Every year that is what Paramus baseball expects and nothing less than that. This year we have a strong returning cast of seniors from last year's team which made the county finals and won leagues. This includes Dom Caporelli, Mark Diaz, Josh Rollins, Ronny Weiss, and Jon Fischetto. With this core of seniors I believe that our goal that we set every year is possible. For Coach Morrisette this will be his second year as a coach for the Spartans, after a very successful season in his first year. It's not going to be an easy road to accomplishing our goal, especially with the new leagues and the talent of teams we are going to face, but I believe that if we work together and play the way Paramus baseball is supposed to be played, then we will have a very successful season ahead of ourselves.



Varsity *spring* SOFTBALL



Varsity Softball Includes:
 Coach Brian Hay, Assistant
 Mark Gregory, Megan
 Ghigliotty, Carolyn Kowalski,
 Noel Hodgins, Nicolette
 Kupersmith, Emi Obregon,
 Courtney Siero, Ani
 Avanesian, Ashley Simpson,
 Kristin Mason, Ashley
 Cantone, Nicole Chermak,
 Stephanie McCabe, Kelsey
 Settecasi, Jessica Iacobazzo,
 Alexa Salinardi, Stephanie
 Pallotto, Tori Petruzzella, and
 Alexa Colontino





You Good?



Authors: Captains Noel Hodgins, Kelsey Settecasi, and Courtney Siero

With the loss of three key starters last season we knew we had big shoes to fill. We worked hard in the off season which consisted of going to the weight room two times a week along with team runs and throwing in the gym to strengthen our arms. We also took our annual Florida spring training trip which was a success in helping us prepare for the real season. We learned down there that in order for us to have a winning season we need to come together as a team and work hard.

Captains Noel Hodgins, Kelsey Settecasi, and Courtney Siero lead by example and know what it takes to bring this team to becoming a family. We know Paramus High School girls softball has a winning tradition that we would like to keep. We would like to thank the coaching staff, especially Coach Hay, Coach Gregory, and Coach Kelly for sticking with us through the ups and downs and also for practicing with us, teaching us, and coaching us to be the respectful, well developed team we are today.



Varsity *spartan* GOLF



Varsity Golf Includes: Head Coaches Paul Barnes and Steve Klass, Assistant Coaches Adam Satkowski and Chris Criscione, Boys: Steven Giambagno, Justin Link, Brian Lama, Thomas Scuderi, Justen Goldberg, and Shane Chung, Girl's roster not provided.





On The Links

Author: Steven Giambagno



For two years straight, the Paramus boys golf team has had one of the highest winning percentages in the school. Golf is unlike most sports, because golf is a game of ethics. On the course, there are no refs, so the players take on the responsibility of having a fair match. Just as there are no officials on the course, coaches are only allowed to coach in practice, not in the matches making it hard to figure out if something is wrong.

The boys team this year is led by senior captains Justin Link, Brian Lama, Steven Giambagno, Justen Goldberg, and Shane Chung. The team also has two sophomores on varsity in Tom Scuderi and Stile Kang. These seven players worked very hard in the off season to get the program to where it is today. Coach Barnes, Coach Klass, Coach Compagnone, and Coach Satkowski all have played large roles in developing these players as golfers and individuals. Every player on this varsity team plays for the overall team score, not an individual score. Justin Link, one of the best players in the area, and others, have committed themselves to improve their own game and other player's games.

Overall, this year's team is very skilled and has great team players, and we look forward to making a splash in league and state playoffs.



PARAMUS boys LACROSSE



Varsity Lacrosse Includes:
Chris Voorhis, Dan Toppo,
Joe Stross, Kevin Perusse,
Mark Kolodkin, Jeff Pill, John
Frishkorn, Steve Carrescia,
Matt Bresscia, Rocco
Mandarino, Alex Greenbaum,
Bobby Cella, Dean Neuman,
Shil Patel, Keshin Pujura,
Dean Fujita, Max Hopkins,
Sam Daniels, Charlie Spiegel,
Ethan Abraham, Steve
Carrescia, and Matt Askling



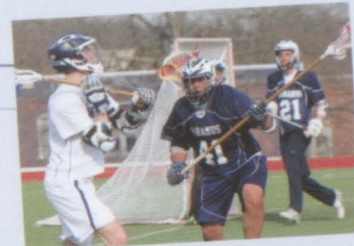
JV Lacrosse Includes: Danny
Kim, Ryan Rivera, Matt
Dimatteo, Alex Greenbaum,
David Kim, Paul Lawton,
Charlie Spiegel, Jack Bessen,
Bobby Cella, Austin Cordon,
Sam Daniels, Travis Fonseca,
Sam Hopkins, Christopher
Marques, Zachary Remes, Jake
Stella, Ethan Abraham, Rocco
Mandarino, Zachary Remes,
and Matt Askling





Crossing Sticks

Author: Seniors Joseph Stross, John Frischkorn, and Mark Kolodkin



The Boys Lacrosse Team (paxers) had their best season in school history this year. They broke the school record for wins in a season and they made huge improvements under new Head Coach Skye Mark. The paxers had many impressive wins and big upset, and they came together to form a strong brotherhood of talented laxers who love the sport.

Thanks to Coach Mark, Jelcic, and Al for a great season. A big shout out goes to the seniors: Joey Gauss, John, Maak, Dean, Matty Brejna, and Shil for a great senior season. Shout out to Chris Vorhees for stepping up big as a freshman and to all the younger guys for helping create the best season in paxer program history.

We are THE PAXERS!



Dominating the Field

Author: Nicole Hermann and Alexa Shterengarts



At the start of the season, we would look around and see many new freshman faces. Now we look around and not only see our teammates, but more importantly some of our closest friends. Spending long hours working hard to achieve the same goal has brought us closer to each other than we ever thought possible. We are not only bonding on the field, but off of it as well, with our awesome pasta dinners. Some days are tougher than others, but we are always supporting one another and working towards improvement. We would like to thank Coach Regent for being with us from the start of the Varsity Lacrosse program here at PHS. It has been a pleasure playing on her team throughout high school. We would also like to thank Coach Andersen for joining the lacrosse family. Both coaches always give the team exactly what it needs: encouragement, criticism, teaching us techniques as well as making memorable catch phrases like, "Hips don't lie!" or "Slashes, they're like salt, use them sparingly" and so much more. Over the past four years, this program has improved substantially and we see it being even more successful in the future. It's going to be hard to say goodbye to such an outstanding group of girls at the end of the season. We look forward to finishing this season with many memories that can last a lifetime.



Varsity boysTENNIS



Varsity Team Includes: Ryan Lugtu (Captain), Shawn Ho (Captain), Ritchey Yeung, Greg Vaks, Tasuku Nakagaki, Davis Yoo, Ben Jen, Yusuke Oshimizu, Jason Back, Gyuho Lee, and Thomas Chang





JV Team Includes: Aditya Bra, Jay Patel, Alok Vaidya, Brian Monticello, Ashkay Bothra, Michael Sobelman, Michael Vaks, Daniel Choi, Daniel Chen, Parth Vaidya, and Michael Passerelli

On the Court

Author: Shawn Ho

The 2012-2013 season has been the most memorable out of my four years at Paramus. Seniors Davis Yoo and Ben Jen both bring their personalities to the courts every day and make the entire tennis experience even better. I'm very excited to see how underclassmen Ryan Lugtu, Ritchey Yeung, Jason Back, Yusuke Oshimizu, and Tasuku Nakagaki will grow as players when I come back to visit next year. I cannot thank Coach Kukla and Coach Giles enough for their time and dedication to this program. Without them, I'm not sure how the boy's tennis team would function. At the beginning of the year, we were unsure of how the team would turn out because of the number of seniors who graduated last year; however, I'm extremely proud of how close we have become and I hope for nothing but the best to each and every member of this team.



track & FIELD



Head Coaches: Jeff Schorling, and Kevin Graves, Assistant Coaches: Gina Mariano, Jerry Somma and Kelly Ortiz - Girls Varsity Team Includes: Amanda Matesic, Ashe Magalhaes, Collette Zarour, Emily Colesante, Jasmine Pineda, Joanna Su, Jolie Bartner, Julie Castronovo, Julia Reynolds, Katie Weiss, Kayla Pituras, Larissa Fox, Lauren Mihalik, Lillian Lipovetsky, Lindsey Lucas, Nicole Pituras, Tori Stabile, Eunice Lee, and Inderpreet Daliwhal - Girls JV Team Includes: Alejandra Ramirez, Alex Gaspar, Alex Vorontsova, Camanda Stutz, Amy Zambrano, Annika Mungra, Ariana Zarour, Ariella Audi, Asha Babu, Brook Magalhaes, Camille Calupad, Colleen Finnegan, Dadia Piazza, Elizabeth Reyes, Erica McCausland, Francesca DePalo, Kasumi Kuriki, Melissa Perez, Norma Martinez, Pam Ospina, Samantha Angulo, Shiva Shukla, Sky Digirolamo, Alyssa Nungra, Jamie Held, Amy Baumgardt, Seun Odusula, and Stephanie Lasprilla - Girls Freshman Team Includes: Adam Kebbeh, Adana Liu, Amanda Ho, Ariana Baria, Cassy Stone, Emma Kuderka, Brielle Eisler, Jamie Gehler, Mary Shala, Sabeena Singhami, Stephanie Engeleit, Tori Ondo, Wendi Zheng, Priscilla Quintanilla, Sylvia Dovlotyan, and Christina Lee - Boys Team Includes: Grade 12 - Mohamed Al-Yousefy, Harry Thomson, Bobby DelliVenneri, Jade Sobh, Kenny Kneitel, Alek Gulbenkian, Lucas Tasci, Collin Hurst, Michael Secreti, Jamie Takahashi, Pavan Mahtani, Dan Piazza, Brian Salamqnc, Kenny Leu, Jack Wright, Shahryar Siamdonsi, and Justin Verile - Grade 11 - Michael Thompson, Shivam Rakundalla, Matt Schneider, David Budnick, Theodore Koutros, Zach Reuveni, Vince Calupad, Danny Paolazzi, Justin Verile, Soham Shukla, Darius House, Brandon Sebahie, Josh Garcia, and Matt Alpher - Grade 10 - Wissam Esmal, Joe Dela Trinidad, Mike Lesko, Amit Rana, Ricky Takahashi, George Viccaro, Joe Roma, Jonathan Hakko, Phil Rafferty, Erik Helstrom, Dominick Smith, Omar Ibne Ismail, Michael Merlino, Ahmad Aleidah, Mike Albacete, Arun Pradhanang, Shrey Khurana, Mike Bessette, Jay Inamdar, James Baek, Shant Cinar, Marcus Garcia, and Aran Mahtani - Grade 9 - Nick Frischkorn, Todd Joy, Philip Kim, Nick Navarro, Dylan Brescia, Chris O'Connell, Rae Mari Baello, Nadish Gajiwala, Eric Lazaro, Anthony Rogdny, Dion Calupad, Harry Nam, Greg Fusco, Sunwoo Moon, Alex Gee, Brandon Loftiss, Noah Thomas, Haggai Kim, Eric Yang, Blu Frankel, Austin Cho, Kenya Kuriki, Edric Sapiandank, Albert Bacholz, Baret Gulbenkian, Nicholas Ghichlian, Adam Silipiec, and Steven Kostopoulos





Author: Brian Salamanca

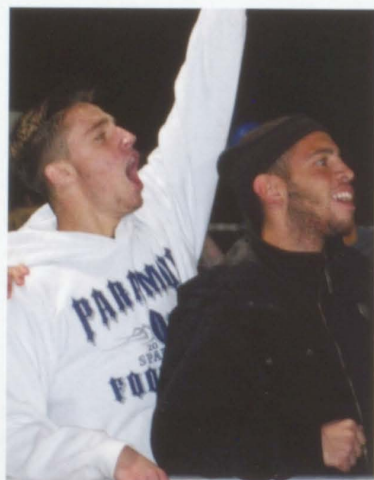
As seniors, we must pass our responsibilities to the next generation, and they look promising. Our relay teams primarily consist of juniors and sophomores and at the County relays, they demonstrated the hard work and training our coaches have put them through. Mike Secreti, leading distance runner and role model of many, has had a great year and he gives hope to the many new runners (especially distance) that watch him take on elite teams, along with Jolie Bartner. The underclassmen have already stepped to the plate and have challenged seniors for positions. It is this kind of competitive attitude that will ultimately put us on top and continue our success.

Our team has its own groups; sprinters, throwers, and distance runners, and though we each practice with our own coaches (Mr. Somma, Mr. Higgins, Mr. Graves, and Ms. Ortiz respectively), head coach Mr. Schorling has made us all feel like one family through his positive outlook, joking personality, and leadership that unites the team.

At the county relay meets when there is some time between events, I came by the Paramus tent and found the several groups mingling and enjoying each other's company, a true testament of our bond. Track & Field has become more than a sport, it has become a way of life and an enjoyable experience throughout my four years. Besides our outstanding coaching staff, I've also seen the dedication of the team. Our success not only falls on our seniors, but also on the next generation. I'm proud to be leaving PHS with such a young team that has shown their ability to surpass the success of our seniors.



Fans in the Stands



Senior



Athletes

Senior





Athletes

Spartan Pride

The clubs and activities at Paramus High School are as essential to a student as their classes, books, and pencils - they define the meaning of a Spartan. From the enthusiastic, seasonal pep-rallies to the weekly club meetings, PHS is always leaking with Spartan pride; these activities provide students with an opportunity to finally interact with their peers and truly express themselves. Whether it is on the football field or on an acting stage, at PHS, you can always find a place to fit in.

Essentially, by exploring the various interests in these clubs and activities, the students come together to mold the school district and community into a better place. By encompassing the strong relationship between the students and the faculty members, the activities also produce leadership roles, chances to help the community, creates healthy competition, and builds a strong passion for something extended beyond the classroom setting. Thus, it is not uncommon to walk past any given club or organization and see students take part in all of their activities with smiles and delight in what they are doing, and this will help craft each individual person who leaves Paramus High School to go after what they want, with a positive outlook and a sense of enthusiasm for the best.

Author: Riddhi Solanki

Upper Right: Carlo Antonio, Seth Stern, and Brian Salamanca show their support for GSA.

Middle Right: Kanan Sharma and Riddhi Solanki take a break from ERASE club to pose for a photo.

Bottom Right: A member of the Chinese Yoyo club demonstrates his talent as others look on in amazement.

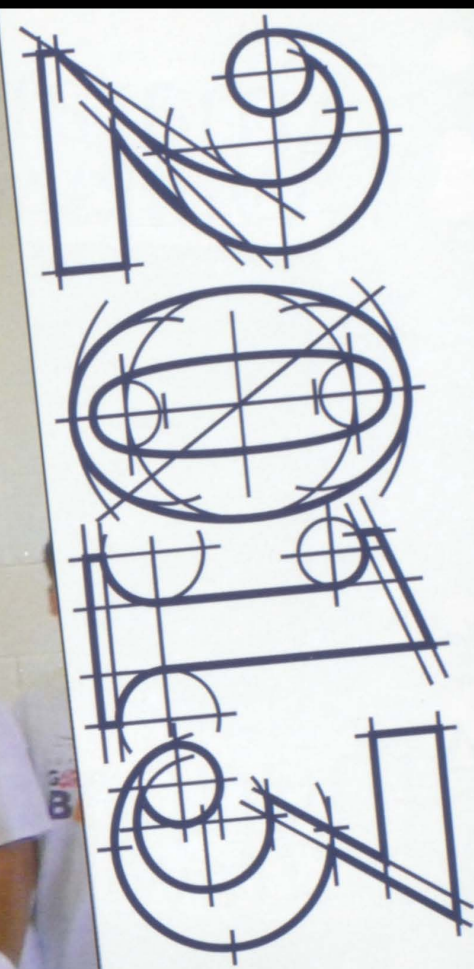
Upper Left: Edmond Wu is in full concentration during a concert.

Bottom Left: Nichole Gloria and Vana Ekmekjian pose with Mr. Panico during a For-It meeting.





Left: Members of the concert choir and Operation Goody Bag pose with Principal Anthony Panico before they leave to donate their time and talent to an amazing cause: helping to make easier the time that our troops must spend while fighting to protect our freedoms.



Amaranth Literary Workshop

Advisor: Mr. Gallagher



Art National Honor Society

Advisor: Mrs. Steele



American History Travel Club

Advisor: Mr. DeLuca



Asian American Student Association

Advisor: Mrs. Ondich & Ms. Pressburger



Art Club

Advisor: Mrs. Steele



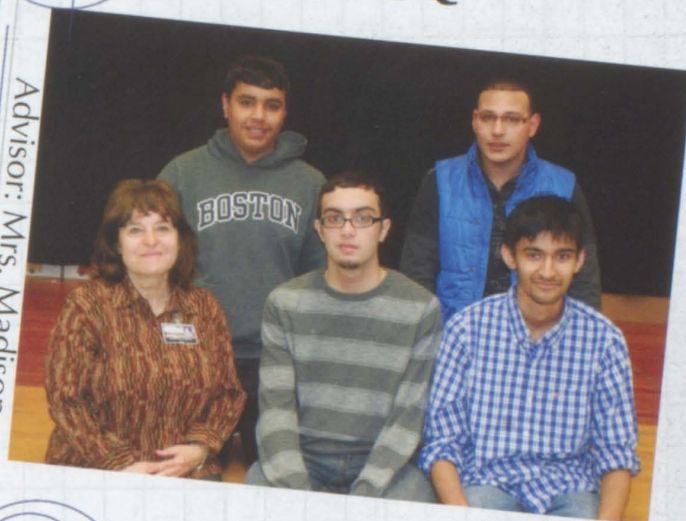
Chinese Yoyo Club

Advisor: Mr. Helsel



Co-Exist

Advisor: Mrs. Madison



Come Together

Advisor: Mr. Jandoli



Christian Studies Club

Advisor: Mr. Glaser & Mr. Graves



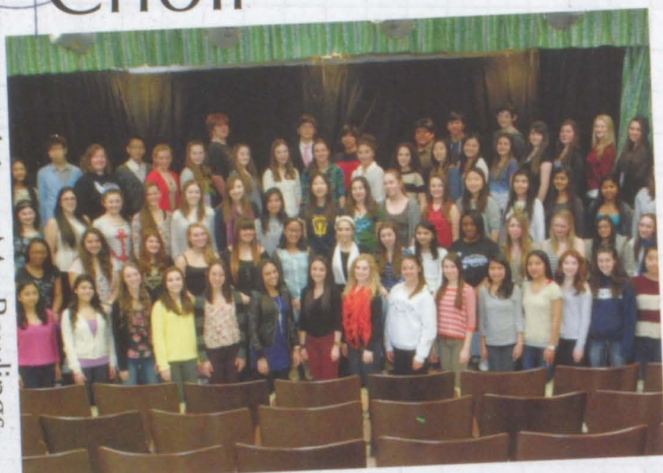
Computer Club

Advisor: Mr. Hiron



Concert Choir

Advisor: Ms. Rawlings



Euro Challenge

Advisor: Mrs. Kondratowicz



DECA

Advisor: Ms. Ogunyinka



Fed Challenge

Advisor: Mrs. Diliberto



ERASE

Advisor: Mr. Allocco



For-It Club

Advisor: Mr. Traina



Forum Press

Advisor: Ms. Moe



German Club

Advisor: Mrs. Lauzon & Mrs. Malik



Freshman Class

Advisor: Ms. Tarantino



German National Honor Society

Advisor: Mrs. Lauzon & Mrs. Malik



Game Club

Advisor: Ms. Tarantino



GSA

Advisor: Mrs. Strumwasser



Hand in Hand Italian Club

Advisor: Ms. Ondich



Advisor: Ms. Campagna



History Quiz Bowl Team

Advisor: Mr. Allocco



Advisor: Ms. Campagna

Italian National Honor Society



Interact

Advisor: Ms. Conal & Ms. Tarabocchia



Jazz Band

Advisor: Mr. Gizzi



Junior Class

Advisor: Mr. Jandoli



Model UN

Advisor: Ms. David



Knitting Club

Advisor: Mr. Barlettano



MSG Varsity

Advisor: Mr. Allocco



Math Club

Advisor: Mr. Helsel



National Forensics League

Advisor: Mrs. McKenzie



National Honor Society



Advisor: Mrs. Robbins

Odyssey of the Mind



Advisor: Ms. Jost & Ms. Touloughian

Neighbors to Neighbors



Advisor: Mrs. Madison

Operation Goody Bag



Advisor: Ms. Vanderzee

NJ Science League



Advisor: Mr. Klass, Mr. Barlettano, Ms. Mamone & Ms. Ning

Orchestra



Advisor: Ms. Wilkes

PAWS



Advisor: Ms. Antler

Prem1ers



Advisor: Ms. Rawlings

Photo Club



Advisor: Mr. Dalelio

Prose



Advisor: Ms. Rawlings

Ping Pong Club



Advisor: Ms. Ning

Pure Hearts Association



Advisor: Mrs. Robbins & Mrs. Corey

Red Cross



Advisor: Mr. Brown

Senior Class



Advisor: Ms. DeJoseph

Sophomore Class



Advisor: Ms. Garofalo

Spanish Club



Advisor: Ms. Gonzalez

Ski/Board Club



Advisor: Mr. Ferrari & Ms. Faley

String Ensemble



Advisor: Ms. Wilkes

Student Ambassadors

Advisor: Mr. Gencarelli



Tri-M Honor Society

Advisor: Mr. Donellan



Student Government

Advisor: Ms. Gudelis



UNICEF

Advisor: Ms. Madison



Teen-Agers

Advisor: Ms. Antler



Wind Ensemble

Advisor: Mr. Donellan



Club & Organization Rosters

AMARANTH: Roster not provided. **AMERICAN HISTORY TRAVEL CLUB:** Alpher Matthew, Aydin Amanda, Back Jason, Belloso Ruth, Cardinale Brianna, Ciabrone Frankie, Chinchar J. R, Colasante Emily, Criscione Matt, DeSimone Mike, Diaz Mikey, Dreyer Janelle, Faris Joe, Frohnappfel Kenny, Greenbaum Alex, Haynes Carolyn, Heidt Dan, Hopkins Max, Jouejah Laila, Kordell Caroline, Lee Peter, Licini Andrew, Lynch Melissa, Menhinick Kristian, Paterno Olivari Leah, Perry Lashawn, Perusse Kevin, Piquero Mike, Pujara Kishen, Reuveni Zach, Reynolds Julia, Ron Adam, Sherman Mike, Shin Bryan, Shin Peter, Wolfer Alison.

ART CLUB: Julie Dunic, Seun Odusola, Kristina Nicholas, Alyssa Kim, Miranda Mitchell, Rachel Kordell, Amy Baumgardt, Cheyenne Wooten, Marina Elgawly, Kelly Cornella, Rachel Cohen, Omar Ahmed, Rebecca Greft. **ART NATIONAL HONOR SOCIETY:** Amy Baumgardt, Alyssa Kim, Cheyenne Wooten, Esther Shin, Jeremy You, Julie Dunic, Kelly Cornella, Omar Ahmed, Rachel Cohen, Rebecca Ghichillian, Rebecca Greft, Ryan Stallone, Seun Odusola, Zaki Doudak. **ASIAN AMERICAN STUDENT ASSOCIATION:** Roster not provided. **CHINESE YOYO CLUB:** Roster not provided. **CHRISTIAN STUDIES CLUB:** Joseph Kwak, Lisa Thampan, Janice Jacob, Priscilla Peters, Jo Elise, Arun Pradhanang, Stephanie Jacob, Priya Kavanakudiyil, Alex Lin, Tracy Shao, Arun Phillip, Justin Peters, Jon Kim. **COEXIST:** Adel Shqair, Abraar Quraishi, Hashir Qazi, Jafar Ali, Mohammad Abulaimoun, Mohammad Tahir, Nabeel Farooq, Rohan Patel, Talal Dahham Al Muttairi. **COME TOGETHER:** Rachel Ramono, Seth Stern, Carlo Antonio, Corinne Weinzierl, Lakhini Vyas, Gabrielle Zeiler, Jennifer Pagliaro, Sky DiGirolamo, Krishna Patel.

COMPUTER CLUB: Brian Kocak, Edmond Wu, Andrew Wang, Felix Shen, Shyam Lad. **CONCERT CHOIR: "P" indicates participation in Premiers, the Honors Choir:** Samantha, Brady "P", Rachel Brodsky, Giovanna Dabbagh, Laurie Epstein, Katelyn, Farrell, Kaitlin Garcia, Kristi Garino, Nichole Gloria "P", Donna Gonzalez, Mir Cherie Hands "P", Nicole Hermann "P", Rachel Kordell, Priscilla Lau, Sarah Park, Ashley Reyes, Elizabeth Reyes, Hannah Riordon, Gina Ruzansky "P", Amanda Stutz, Joanna Su, Esmy Vergel, Angela Zisa, Alisa Acciardi, Cherelyn Aliperio, Alexandra Alonso, Attiya Bhatti, Rina Dadon, Janelle Dreyer "P", Stephanie Engeleit, Chistina Feil, Nancy Huffman, Natalie Kohan, Kristina Menhenick, Camila Montalyn, Amanda Nathan, Jasmine Pineda, Anmarie Secreti, Samantha Shatkin, Anabella Velez, Alison Wolfer "P", Vince Calupad "P", Gabe Castro "P", Tim Chung, Blu Frankel "P", David Golbari "P", David Golbari "P", John Kim "P", Peter Lee "P", Josh LeRose "P", Corey Migatz, Arun Phillip "P", Hosung Rhyu "P", Melissa Akdemir, Antoinette Atie, Candice Belina "P", Emily Cahn, Mary Campione, Leah Cruz, Chistina Dominguez "P", Sydney Driscoll, Stophia Grigolo, Hannah Holmberg, Neha Jagtap, Abir Kader, Priya Kavanakudiyil, Grace Kim, Jay Lee, Vicki Lekkas, Ashika Patel, Priyanka Patel, Jacey Schult "P", Julia Previlon, Lisa Thampan "P", Kristin Windram, Gabrielle Zeiler "P", Lauren Anderson, Arianna Baria, Lindsey Braverman "P", Brianna Cardinale "P", Vana Ekmekjian, Paige Garcia, Megan Ghigliotty "P", Corinne Grabowski, Adriana Hemans, Eylis Jee, Taylor Kellenberger, Min Sun Kim "P", Caroline Kordell, Daisy Lee, Norma Martinez, Jennifer Pagliaro "P", Dana Rizzo "P", Katarina Sadian, Elizabeth Zakaim, Nick Castro "P", Mason Hwang "P", John Flynn, Justin Lester. **DECA:** Dylan Brescia, Steven Link, Tatiana Vorontsova, Lillian Do, Joshua Lopez, Bryan Mosquera, Alex Shater, Charlie Spiegel, Victoria Stabile, Ritchey Yeung, Jonathan Han, Albert Kim, Ashley Kim, Tomislav Kristo, Joseph Kwak, Sol Lee, Justin Link, Joshua Song, Nabeel Farooq, Austic Celdon, Cassy Stone, Mary Akdemir, James Baek, Akshay Bothra, Andrew Camaj, Karla Cario, Jessica DeSimone, Brenda Hall, Brittney Hendricks, Jay Inamdar, Christina Jeong, Alec Kaminer, Farheen Khan, Shrey Khurana, Sujin Kim, Nicolette Kupersmith, Kasumi Kuriki, Victoria Laoudis, Sam Lee, Sally Li, Niraj Mahtani, Nisha Mahtani, Sakshi Mahtani, Yogaran Mahtani, Aleena Memon, Ali Nathoo, Stephen Obregon, Emi Obregon, Laura Okechukwu, Victoria Ondo, Priscilla Peter, Sujaan Sanghvi, Meltem Saricicek, Alyssa Tiren, Asha Babu, Julia Castronovo, Harold Choo, Frankie Ciabrone, Inderpreet Dhaliwal, Lindsey Diamond, Clarissa Dimarucut, Zoe Gnecco, Daniel Heidt, Alen Jo, Catherine Kim, John Kim, Theodore Koutros, Melissa Lynch, Brian Monticello, Justin Peter, Kimberly Portes, Adam Ron, Eric Rosenzweig, Amer Saleh, Karan Shah, Bryan Shin, Mohammad Tahir, Alok Vaidya, Chelsea Virga, Corinne Weinzierl, Amy Zambrano, Anthony Agnello, Tina Baek, Doug Cameron, Frank D'Arrigo, John Frischkorn, Steven Giambagno, Justen Goldberg, Shawn Ho, Benjamin Jen, Alex Kellenberger, Amy Kim, Andrew Kim, Mark Kolodkin, Meera Kothari, Melody Lenda, Annie Lesmes, Rebecca Light, Pavan Mahtani, Anthony Marshall, Nicole Medvitz, Dan Meyers, Shreya Patel, Hashir Qazi, Steven Renzulli, Joey Rizzolo, Tracy Shao, Greg Shappiro, Srikar Sirikonda, Joey Tomic, Nick Torcivia, Justin Verile, Alexandra Vorontsova, Carmen Wong, Anthony Zambrano. **ERASE:** Kanan Sharma, Riddhi Solanki, Janice Jacob, Gowry Reddy, Justin Peters, Seth Stern, Ashika Patel, Priyanka Patel, Kevin Shah, Priya Kavanakudiyil, Joshua Jacob, Priscilla Peter, Stephanie Jacob, Amy Zambrano, Farheen Khan, Annika Nungra, Alyssa Nungra, Belle Shahsamand. **EURO CHALLENGE:** Roster not provided. **FED CHALLENGE:** Rushil Surapaneni, Ashe Magalhaes, Kishen Pujara, Melissa Lynch, Teddy Koutros. **FOR-IT CLUB:** Roster not provided. **FORUM PRESS:** Roster not provided. **FRESHMAN CLASS:** Kohei Ito, Nick Tozzi, Cassandra Stone, Kevin Shah. **GAME CLUB:** Roster not provided. **GERMAN CLUB:** Drew Wise, Kelly Cornella, Alyssa Kim, Ronney Weiss, Lucas Tasci, Alex Kellenberger, Nicole Hermann, Colleen Finnegan, Andrew Dunn, Jennifer Pagliaro, Reina Hamayama, Kristina Nicholas, Cheyenne Wooten. **GERMAN NATIONAL HONOR SOCIETY:** Kelly Cornella, Alyssa Kim, Ronny Weiss, Lucas Tasci, Alex Kellenberger, Nicole Herrmann, Colleen Finnegan, Andrew Dunn, Jennifer Pagliaro, Reina Hamayama, Kristina Nicholas, Cheyenne Wooten. **GSA:**

Rachel Cohen, Priscilla Lau, Julliana Mazzone, Mir Cheri Hands, Johnny Mordaga, David Budnick. **HAND IN HAND:** Roster not provided. **HISTORY QUIZ BOWL TEAM:** Rushil Surapaneni, Muhammad Nathoo, Edmond Wu, Shane Chung, Soham Shukla, Alex Lin, Ashe Magalhaes, Kenny Ehrenberg, Melissa Lynch, Emily Aranda, Kishen Pujara, Michael Piquero, Matt Miller, Aditya Brahmabhatt, Francis Ciambone, Chelsea Virga, Erik Helstrom. **INTERACT:** Benji Audi, Matt Warren, Parth Vaidya, Mike DeSimone, Pankti Acharya, Lakhini Vyas, Jessica Goldman, Stephanie Eldenstein, Alyssa Nungra, Belle Shahsamand, Michael Passarelli, Achal Kahani, Adam Basner, Teddy Koutros, Brianna Behrens, Aysia Luna, Karan Shah, Alejandra Ramirez, Annika Nungra, Zackery Reuveni, Shivam Raikundalia, Andrew Yoon, Jay Patel, Erik Helstrom, Nadia Admani, Hershil Patel, Zalaikha Javed, Parita Bhandari, Laiba Khan, Kevin Shah, Blu Frankel, Nick Tozzi, Mansi Shah, Anjali Shah, Nandish Gajiwala, Priyanka Patel, Ashika Patel, Amira Admani, Ariella Audi, James Baek, Mike Bartner, Upasana Basnet, Candice Belina, Akshay Bothra, Nick Castro, Brittany Hendricks, Nabeil Javed, Farheen Khan, Shrey Khurana, Shreya Patel, Gianna Paladino, Soham Shukla, Alex Lin, Nisha Mahtani, Caroline Kowalski, Alana Link, Alyssa Tiren, Amit Rana, Riddhi Solanki, Sujaan Sanghvi, Amy Zambrano, Chris Tozzi, Ashley Shah, Brooke Magalhaes, Arun Mahtani, Nicole Piturasm, Upasana Basnet, Shiva Shukla, Francesca Depalo, Justin Lee, Lilian Lipovetsky, Niraj Mahtani, Sakshi Mahtani, Norma Martinez. **ITALIAN CLUB:** Roster not provided. **ITALIAN NATIONAL HONOR SOCIETY:** Carolyn Kowalski, Joey Tomic, Sarah Phillips, Dana Rizzo, Julie Dunic, Bianca Pagano, Nick Spinoso. **JAZZ BAND:** Roster not provided. **JUNIOR CLASS:** Kaitlyn Garcia, Shefalee Vohra, Emily Aranda, Mindy Gee. **KNITTING CLUB:** Roster not provided. **MATH CLUB:** Muhammad Nathoo, Felix Chen, Edmond Wu, Rushil Surapaneni, Soham Shukla, Alex Lin, Brian Kocak, Ali Nathoo, Hershil Patel, Nandish Gajiwala. **MODEL UN:** Brian Monticello, Alok Vaidya, Karan Shah, Inderpreet Dhaliwal, Annika Nungra, Alyssa Nungra, Pankti Acharya, Parth Vaidya, Nicole Cagar. **MSG VARSITY:** Rebecca Ghichlian, David Edelstein, Mike Passarelli, Nick Ghichlian, Rachael Ramano, Michelle Lee, Alex Lin. **NATIONAL FORENSICS LEAGUE:** Roster not provided. **NATIONAL HONOR SOCIETY:** Shant Agopian, Vrej Agopian, Carlo Antonio, Tina Baek, Jolie Bartner, Christina Boyadjian, Chloe Branch, Caitlyn Carmichael, Viviana Cartegena, Yong Qi Chen, Nicole Chermak, Shane Chung, Rachel Cohen, Julie Dunic, Kenny Ehrenberg, Alyssa Finizio, Colleen Finnegan, Jonathan Fischetto, John Frischkorn, Steven Giambagno, Justen Goldberg, Michael Gorman, Reina Hamayama, Jamie Held, Nicole Hermann, Shawn Ho, Christine Idouchi, Janice Jacob, Benjamin Jen, Siran Kaprielian, Alex Kellenberger, Albert Kim, Eric Kim, Heidi Kim, Minsun Kim, Brian Kocak, Carolyn Kowalski, Joseph Kwak, Kejvi Lako, Aari Lee, Katherine Lee, Rebecca Light, Alex Lin, Brandon LoPresti, Ashe Magalhaes, Rasha Mahtani, Nicole Massoud, Nicole Medvitz, Danielle Mercado, Muhammad Nathoo, Kristina Nicholas, Jennifer Pagliaro, Gianna Paladino, Kevin Park, Kevin Park, Nupur Patel, Shil Patel, Shreya Patel, Arun Phillip, Sarah Phillip, Gowry Reddy, Stephen Renzulli, Raphael Rezkalia, Tracy Shao, Kanan Sharma, Samantha Shatkin, Jade Sobh, Ryan Stallone, Seth Stern, Joseph Stross, Lucas Tasci, Tasha Thachil, Lisa Thampan, Joseph Tomic, Alexandra Vorontsova, Ronald Weiss, Carmen Wong, Sunny Yoon, Gabrielle Zeiler. **NEIGHBORS HELPING NEIGHBORS:** Erika DiPasquale, Petra Stojanovic, Taylor Smith, Chelsea Virga, Jen Frusco, Frankie Ciambone, Brooke Bukowski, Angela DiPasquale, Nicole Tomic, Gianna Scimeca, Alexandra Kipp, Julia Koenemund, Benji Audi, Belle Shahsamand, Pankti Acharya, Sky DiGirolamo. **NJ SCIENCE LEAGUE:** Edmund Wu, Brian Kocak, Shane Chung, Gowry Reddy, Felix Chen, Parth Vaidya, Soham Shukla. **ODYSSEY OF THE MIND:** Kevin Shah, Daniel Chen, Daniel Choi, Rohan Patel, Jay Patel, Anthony Zambrano, Matt Miller. **OPERATION GOODY BAG:** Roster not provided. **ORCHESTRA:** Roster not provided. **PAWS:** Roster not provided. **PHOTO CLUB:** Roster not provided. **PING PONG CLUB:** Michael Gorman, Muhammad Nathoo, Ali Nathoo, Gabrielle Zeiler, Felix Chen, Brian Kocak, Alex Lin, Shil Patel, Seth Stern, Rachel Ramono. **PROSE:** Roster not provided. **PURE HEARTS ASSOCIATION:** Roster not provided. **RED CROSS:** Roster not provided. **SENIOR CLASS:** Justin Link, Rasha Mahtani, Rushil Surapaneni, Muhammad Nathoo. **SKI/BOARD CLUB:** Roster not provided. **SOPHOMORE CLASS:** Matt Riebesell, Amit Rana, Justin Tsai, David Edelstein. **SPANISH CLUB:** Ashe Magalhaes, Vrej Agopian, Shant Agopian, Brian Lama, Pam Ospino, Amy Zambrano, Annie Lesmes, Anthony Zambrano. **STRING ENSEMBLE:** Roster not provided. **STUDENT AMBASSADORS:** Roster not provided. **STUDENT GOVERNMENT:** Roster not provided. **TEEN-AGERS:** Amy Kim, Ashley Kim, Minsun Kim, Eunji Lee, Hajeong Lim, Hajin Lim, Hitomi Kuriki, John Kim, Joseph Kwak, Mayu Masumoto, Momoko Murakami, Sharon Yang, Yuka Masumoto, Daisy Chung, Diana Ban, Mason Hwang, Minami Takumi, Noriko Taira, Taehun Chung, Rachel Stone, Richie Yeung. **UNICEF:** Kenny Cho, Austin Cho, Blu Frankel, Chanel Jin, Cassey Stone, Jamie Hwang, Rohan Patel, Tracy Shao, Jonathan Han, Victor Kim, Sylvia Paek, Cindy Wu, Michelle Yeung, Steven Shin. **WIND ENSEMBLE:** Carlo Antonio, Brittany Hovan, Ashley Kim, Rachel Diaz, Kathryn Roque, Caitlyn Butler, Juliette Chu, Dahee, Lee, Alison Wolfer, Mayu Masumoto, Sujin Kim, Sam Lee, Kripa Patel, Fiona Fujita, Sabeena Singhani, Seth Stern, Grace Kim, Max Wu, Brianna McCabe, Rebekah Guidroz, Benjamin Jen, Yuka Masumoto, Ariana Dellosa, Connor Hagan, Jonathan Fischetto, Joseph Bacich, Brian Ryu, Mimi Tsang, Amy Kim, Adam Basner, Silvan Lyu, Gina Ruzhansky, Nicholas Gjini, Noriko Taira, Josh Lerose, Frank Frasco, Jonathan Han, Vince Calupad, Sol Lee, Rohan Patel, Heidi Kim, Joe Kwak, Arun Philip, Mike Passarelli, Anthony Llaverias, John Kim, HaJeong Lim, Krishna Patel, Dan Toppo, Mike Albacete.

Activities for Everyone

If we were to actually give a page to every event and activity that took place during the course of a school year, our yearbook would be hundreds of pages bigger. Each club, class, and organization finds unique ways to celebrate their passions.

From Mr. Allocco's video game creation, to the yo-yo club's lunch time entertainment, each student, advisor, and friend brings variety and fun to the activities of Paramus High School.

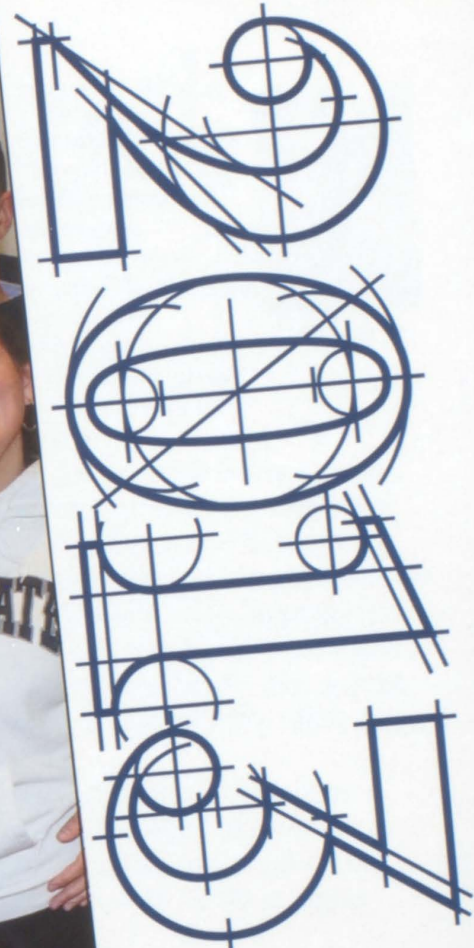
Some of the most popular and well attended events are fundraisers for our student body: The volleyball tournament, dodgeball tournament, and Senior Mania and just a few of those fundraisers. Some events provide enriching experiences: such as the fall play and spring musical, while other events bring the entire community together: like our seasonal pep-rallies.

No matter what the event, students and staff are bound to leave with smiles on their faces - one of the many qualities that builds and bonds our amazing community.

Right Clockwise: a group of Legally Blonde castmates pose during the cast party, generously hosted by the Music Parents. The girls enjoy pep-rally, Sam Pittari gets sassy at a football game. Members of Mrs. Ranieri's dance class perform on stage.

Below: Freshman Lauren Andersen as Enid Hoops in the spring musical, Legally Blonde!





Pictured Left: Seniors who participated in the fashion show demonstrate their pride as they strut the catwalk in "College Wear", when each student has the opportunity to show off where he/she is going to be in the fall.

Student Life

Right: Christmas was a popular room theme this year, as many clubs celebrated one holiday by dressing up for the other! Pictured Right: Mrs. Steele and members of the Art Club get festive.



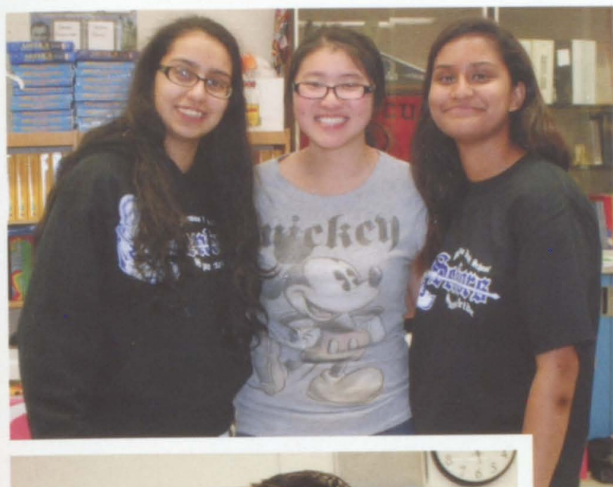
Paramus High School Presents *haunted* **HALLWAY**

Right: Mrs. Wolf and her daughter Lily trick-or-treat in Ms. Sarnoski's room.



Blueprints
2013
DELPHIAN

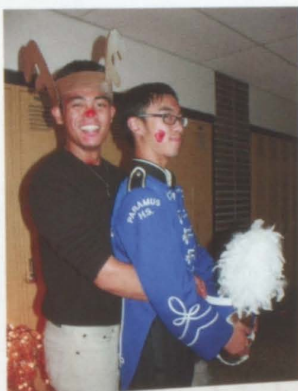
Student Halloween Fun...



Each year, Paramus High School invites members of the community, especially students of the elementary schools, to trick-or-treat in a fun, safe, and sometimes spooky environment. Accompanied by their parents, kids can travel from room to room and get free candy, play games, watch movies, and dance the night away.

The event, which typically lasts four hours, takes even longer to prepare, as most clubs do not leave school on the day of the event until 10:00 at night!

For the past two years, this has been the only way that PHS could celebrate Halloween because severe weather has kept the school closed on the actual holiday!



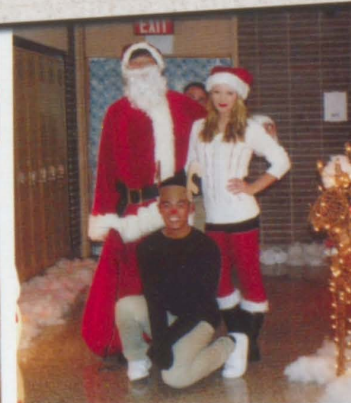
Haunted Hallway brings together students, faculty, and families. Above: Seth Stern paints with a fellow member of his club, Middle: The girls prepare the ERASE club room, Bottom: Mr. Ferrari brings his son trick-or-treating in the hallway. Left: A cheerleader dresses up for the sports themed room.



The event is celebrated with costumes, dancing, music and more. Above: Rudolph (Carlo Antonio), cuddles up to a wooden soldier (Ben Jen) in the marching band's "Christmas" themed room.



Above: Srikar gets "Gangnam Style," and lets loose before the room is full of children from the community.



Right: Senior Members of the Tri-M music honor society gather together after the most successful coffee house in recent history. This group raised money for a relief organization committed to rebuilding the Jersey shore after Hurricane Sandy devastated our beaches.



Below: Students accepted their "PHS" Grammy Awards for categories including: Best Band, Best Female Soloist, and Best Female Group. The night was made even more special when one senior invited another to the prom.



A Night at the Grammy Awards: The Tri-M Dance coffeeHOUSE

Right: Seniors David Budnick, Brianna Cardinale, and Johnny Mordaga get together for a photo. Far Right: Ariana Dellosa performs with her friend.



Music for a Good Cause

The theme of the 2013 Coffee House, held the Friday prior to February's winter break, was A Night at the Grammys. Tri-M Music Honor Society students transformed the cafeteria into a venue fit for a recording artist, and the crowd was so big, the cafeteria wall had to be moved to accommodate the larger crowd! Students dressed like their favorite stars, including: Michael Jackson, Lady Gaga, JWow, Snookie, and Amy Winehouse. Family, students, and administrators enjoyed a successful evening of fun and fabulous music. Even the faculty got involved, as the teacher band performed with new members Adrianne Moe and Amanda Faley and old members Tim Donohue, Dave Allocco, John Nolan, Dave Weinstein, and Dan Toppo.

First Column Above: The faculty band, Extended Detention, performed some modern music to start the evening. Michael Jackson and Lady Gaga, two Grammy legends, meet at PHS. Seniors get together to enjoy the performances. Left: A guitar player jams with his band. Below: Joe Kwak's band ends their set with a surprise prom proposal!

Second Column Above: Seniors Heidi Kim and Jonathan Han show off their formal wear. Senior Nicole Hermann and Junior Lindsay Braverman dress as their favorite MTV reality stars. Left and Below: No Grammy award ceremony would be complete without a highly trained security team, complete with sunglasses and earpieces.

Above: Senior Ben Jen and Juniors Adam Basner and Gina Ruzhansky perform with the Jazz band. Below: Shil Patel proposes to Heidi Kim.

Under the leadership of Mr. Craig Jandoli, the Paramus community was able to come together for the first ever PHS volleyball tournament. It was a night of fun, camaraderie, and competition as dozens of teams tried to capture the crown!



Junior Class Hosts the First PHS Paramus volleyball TOURNAMENT

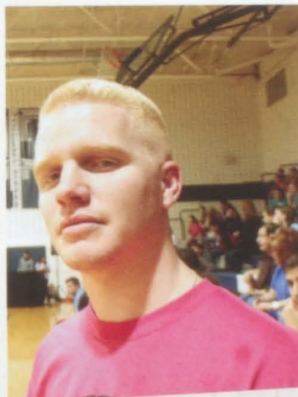
Right: Kristina Meninick and Mir Hands joke with their teammates. Far Right: A team is deep in concentration during their matchup.



Let the games begin

Author: Riddhi Solanki

On April 4, 2013, Paramus High School hosted its first annual Volleyball Tournament. This event was filled with school spirit as more than twenty teams from different grade levels competed against each other for the winning title. From the unique team names and jerseys to the amazing skills displayed, it was obvious that each team showed dedication and team work. Because of this, the excitement and energy that was present during the tournament was unbelievable!



Bottom Left to Right: One of the many teams get into position as their game is about to begin; Courtney Smallze smiles for a photo as she is keeping score of the games; Despite the competitive atmosphere the teams come together to salute the flag during The Star Spangled Banner; The teams are gathered on the bleachers as they wait for their team to be called.



Some teams were in it for the friendly competition, some were in it to win. Above: Teams even brought in their own coaches to prepare for the event. Mr. Jandoli wasn't just the event organizer, he also played!



Above: Mr. Graves huddles with his team before their big match.



Paranormals

Fall/PLAY

The Cast of the Fall Play, under the direction of Joseph Ferriero and Michele Sarnoski with assistance by Steven Russo.

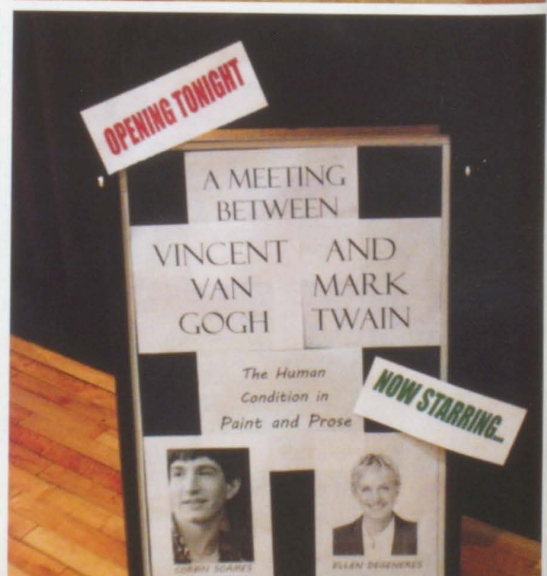
Top Row: L-R - Matthew Miller, Eric Duncan, Jacey Schult, Katelyn Farrell, Candice Belina, Dan Chen, Rachel Brodsky, and Gabby Zeiler. Middle Row: L-R - Charlie Spiegel, Annmarie Secreti, Suzanne Link, Diego Ramirez, Sophia Grigolo, Miranda Mitchell, and Rebekah Guidroz. Front Row: L-R - Sarah Finkelstein, Ariana Dellosa, Blu Frankel, Jenn Pagliaro, Julie Dunic, and Cheyenne Wooten



Right: Playwrite Niel Horn and his girlfriend worry about Neil's show among all the theater chaos. Grady watches as the manager tries to figure out who is sabotaging the Harlequin Theater.



Right: the theater managers and Mrs. Abernathy try to stall the fire inspectors. Far Right: The Harlequin Theater presents "A Meeting Between Vincent VanGogh and Mark Twain."



Right page, Far Right: Candy and Frieda flirt with Larry... or is it Barry, or Gary!



Below: Phoebe is arrested after being tricked by Julie's character. The first arrest was Basil, the evil theater critic. Right: Julie takes her post. Bottom right: The ushers try to solve the mystery. Neil panics over his play.

Down in Front

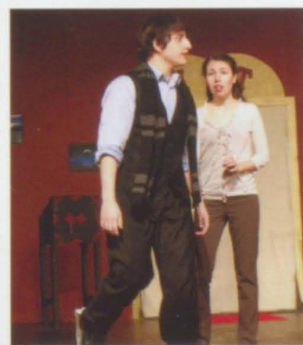
Authors: 4-year actors, Julie Dunic and Miranda Mitchell



Having been in the play since freshman year, we're amazed at the people we've met, the shows we've done, and the laughs we've had on stage and off. The fall drama has a small cast, so all of the characters are important and depend on each other, just like the actors. By the end of the shows, especially "Down In Front", the casts really have become our second families.

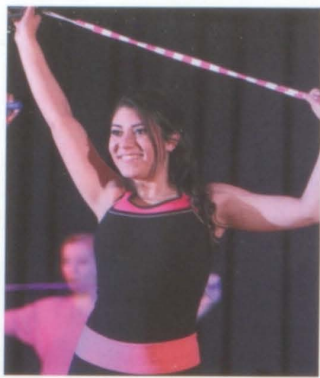
There's nothing like getting on stage, making a fool of ourselves, and making an audience smile and laugh. Dramas can be comedies too! Because many dramas aren't very well known, when we get our scripts, the characters are very new to us but that means we can make them all our own. On opening night, it's so cool to think about those lines on the script that seemed confusing or cheesy when we first looked at them, but now have been turned into elements of an amazing show.

The Fall drama has come so far in the past few years and we can't wait to come back and see how much further it will go.

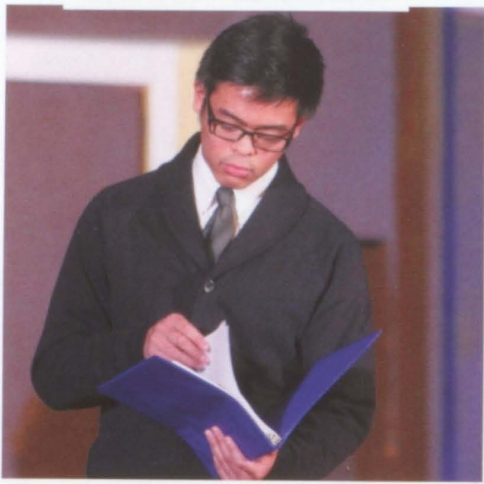




Right Center: Seniors get together for a picture. Right: Lindsay "Whips into Shape" as Brooke Wyndham



Right: Carlo reviews his notes as Professor Callahan



Above: Elle proves to Harvard that she's "What You Want"... with a little help from her Delta Nu sisters!

Far Right: Blu Frankel as Emmet Forrest and Candice Belina as Elle Woods meet for the first time. Center Right: Frank Frasco has another package to deliver to Paulette as Kyle. Right: The frat boys enjoy Paulette's "Bend and Snap"



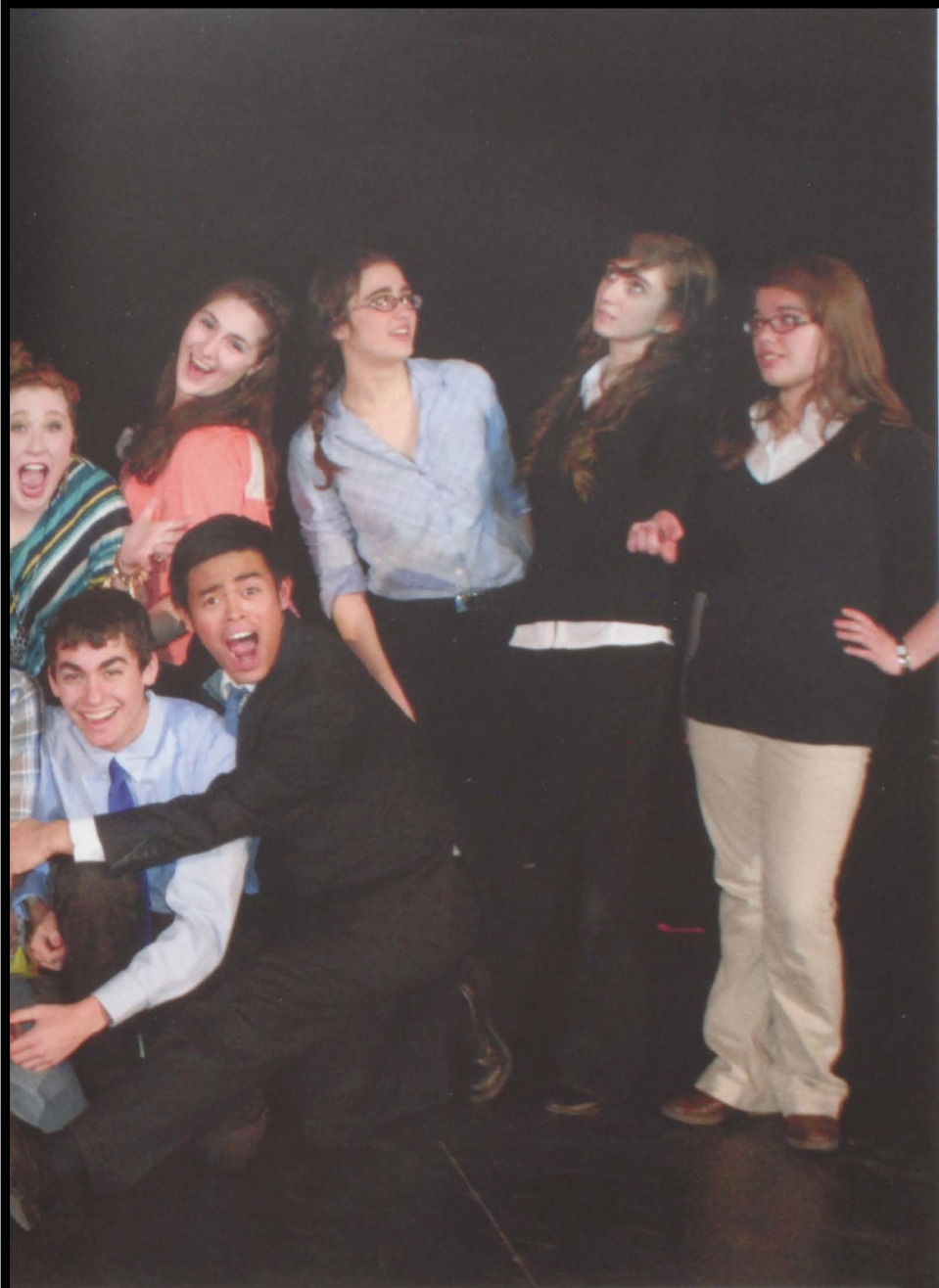
Student Life

Legally Blonde

Every year, the high school puts on a musical. The shows are always sold out and spectacular, but what the audience does not see is all of the hard work leading up to the performances. First, there are auditions... The most nerve-racking part of school. Seniors clique together as they watch the nervous freshmen. However, after those few days, everyone becomes friends. This is one great, unique bond that PHS musical students form. Students are now friends with other students of every age; Everyone is able to feel welcome. During dance rehearsals on Mondays, everyone encourages each other. As the practices get closer and closer to the performance dates, everyone is forced to take charge of making sure they are prepared. This year's seniors were very responsible and led the way to an amazing show. They would like to thank the creative team for all of their hard work, the crew, pit, and all of the underclassmen for making this such a memorable year. We are all part of an amazing musical family, and while we may be graduating, we will always be a part of PHS Drama!

~Senior Gabby Zeiler

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Dreamworks springMUSICAL

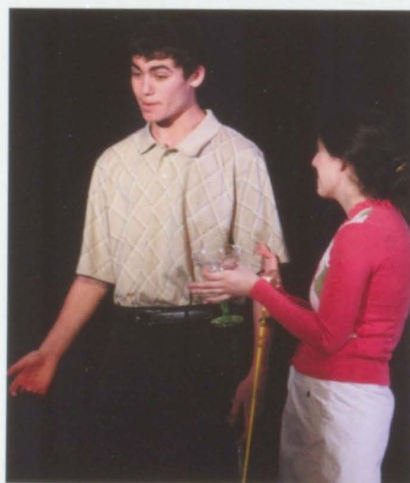


The entire musical cast joins together. Throughout the Legally Blonde experience this cast became a family, and reignited our passion for the arts. We will especially miss our seniors, pictured above.

Legally Blonde creative team includes: Director Joe Ferriero, Producer Michele Sarnoski, Music Director Scott Burzynski, and Choreographer Claudine Ranieri with acting coaching by PHS Alumni, Steven Russo



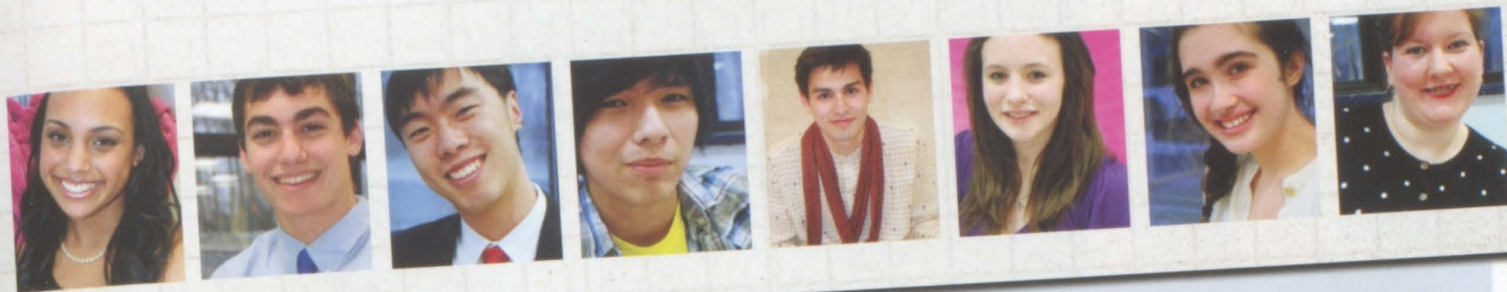
Far right: This year's theme Jamaican me crazy! with Pilar and Diego. Right: Seth and Katelyn act as Elle's dad and mom.



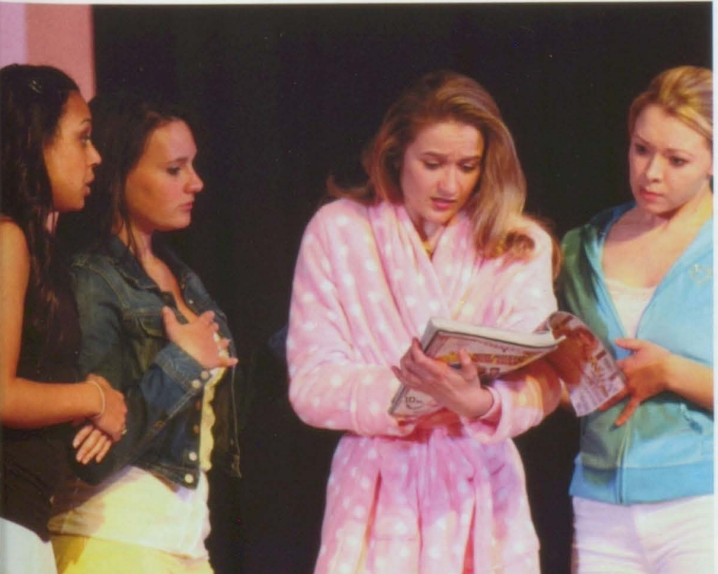
Far Right: Senior Briana Salamanca hits the stage for the first time and makes the creative team very proud!

Right: The pit orchestra worked hard on their first modern musical.





This page, clockwise: Stage Crew, Elle and Dewey, Vivienne gets engaged, the pit orchestra watches the show, Paulette sends love to Ireland, Serena and Pilar shake it, the girls listen to Elle's crazy plan, Kate believes in love, Leilani cheers Elle on, and Paige complains about Warner.



Right: one group photo of the yearbook staff is never enough!

Right Page, Row 2: The girls use their time editing photos, designing layouts and writing captions, among other things.

Yearbook isn't all layout and design, it can be fun too. Among the many activities the yearbook staff enjoys is the Haunted Hallway. This year, the yearbook room, 815, was sports themed, and kids had the opportunity to play games and win candy.



The Delphian would not be possible without the yearbookSTAFF



Assistant Editor Monica Bulnes, like Bianca, had to work with Ms. Sarnoski both in class and during yearbook!

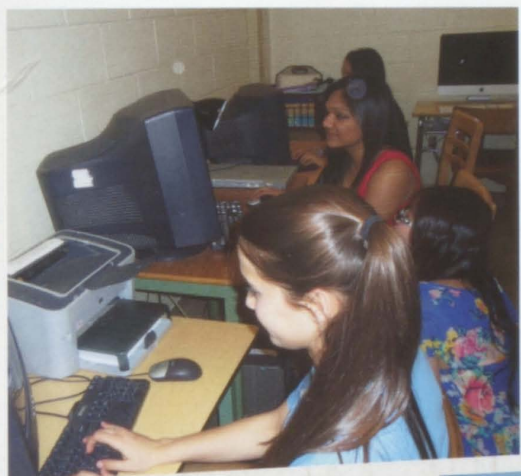


Ami Gadhia, assistant editor, also did a great job with helping out, especially when it came to taking charge at meetings.

Right: Senior editors Bianca Pagao (in-chief) and Monica Bulnes (asst.) are relaxed before the senior group picture. Members of the yearbook staff had to organize the 325 students into the shape of a 13! The staff works hard in the office to finish the book.



Yearbook Club



To start off, I must admit that I was a bit skeptical about this year's theme for the book, Blueprints. When I heard what it was, I had no idea what it meant, or symbolized. Then I took a deeper look into the meaning of it, and I began to understand why Ms. Sarnoski chose it for this year. A blueprint is the beginning of a new project. A fresh start. That is what we had when the other yearbook editors and I started our long process into making this book just right. I want to sincerely thank Ms. Sarnoski for putting so much of her time into this book. Without her nothing would have been accomplished, and I also want to thank her for giving me this opportunity of becoming Editor-In-Chief. Although it might have been stressful, I loved putting this book together. Building from the bottom up, a simple blueprint is where we started and look how far we have come. I also want to thank the yearbook staff for attending meetings and helping out. You guys helped to create this lifelong memory, our yearbook.

Author: Bianca Pagano

The only returning member from last year's yearbook staff, Seun was responsible for all the faculty and underclassmen sections.

Jessica Byrne, sports editor, had one of the most difficult tasks: making sure that every sports team was represented in our book, showing our Spartan Pride!

Azita Moussavian, Senior Editor, read hundreds of senior surveys and fought hard to get as many baby pictures as she could!

Riddhi, Club and Activities editor, had to deal with the challenge of the worst day of the year: Club Photo Day, and did it with a smile!

Nupur Patel, our advertisements editor, had to seek out companies to help fund our yearbook costs.

Priscilla Lau, our photography editor, made sure that all our pictures looked amazing!

Each year working on the yearbook is a new adventure. The new theme, new staff, and blank pages provide limitless possibilities; and while some may find that freedom intimidating, I find it thrilling. This year's yearbook staff rose to the challenge of starting from scratch to create this beautiful book. I am proud of it, and I am proud of them. This year, I took on many more responsibilities than I normally do, and because of that, my yearbook staff had to work harder to accomplish the goal of completing the book. I thank them for putting up with my crazy requests, and for helping to make this book a success. I hope that you treasure the memories contained within these pages, and look back at this book 50 years from now with a sense of pride and nostalgia. It has been a joy working with each of you, and I will leave you by reminding you, "it is not the end of your journey toward, but the journey that matters in the end." This has been a journey I will never forget. ~Yours Truly, Ms. Sarnoski

Memories & Ads

Paramus is known for its shopping mall destinations. Among the hundreds of stores we have within these malls are fantastic destinations that students visit to spend time with family and friends. Paramus High School students are usually seen going to Starbucks as their choice of coffee, Ted's Deli for lunch and The Suburban Diner for dinner. Students, teachers and families constantly revisit the wonderful service that these places have to offer. There are, in fact, so many things to do here in Paramus that you can never get bored.

Author: Priscilla Lau

Top Middle: Billabong is a apparel store where many students enjoy shopping.

Middle: Starbucks coffee is favorite among seniors and staff. They offer a nice atmosphere to relax.

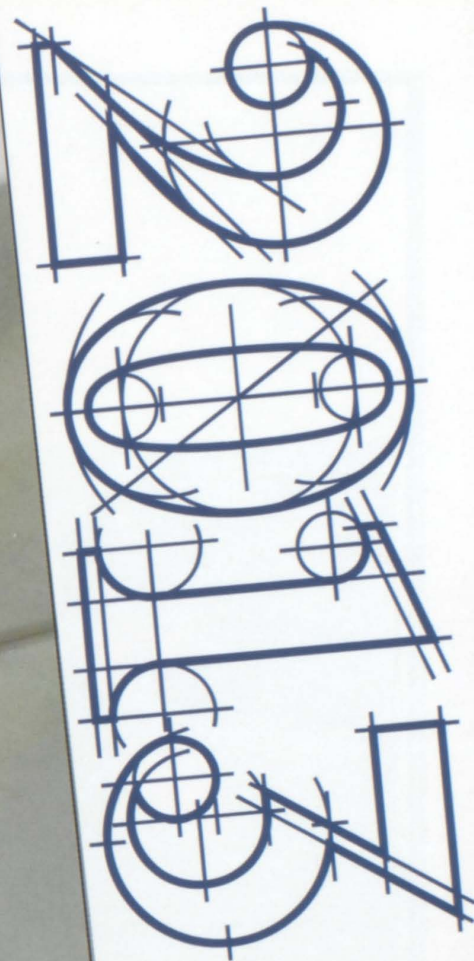
Bottom Middle: Garden State Plaza is the largest mall in Paramus. It brings in one of the highest shopping revenues in the U.S. Its stores also employ many PHS students!



To the right, The Cheesecake Factory is home to every yummy cheesecake flavor you can think of. Bottom left is the AMC movie theater Paramus residents often attend.



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Ken,
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Keep up the good work.

Love,

Mom and Dad



Kenny Kneitel



Eagle Scout 11/26/2012



Co-Captain PHS Swim Team
500 Freestyle 6:19



Alexa

Sam

Christina



As we go our separate ways
we'll never forget the memories made,

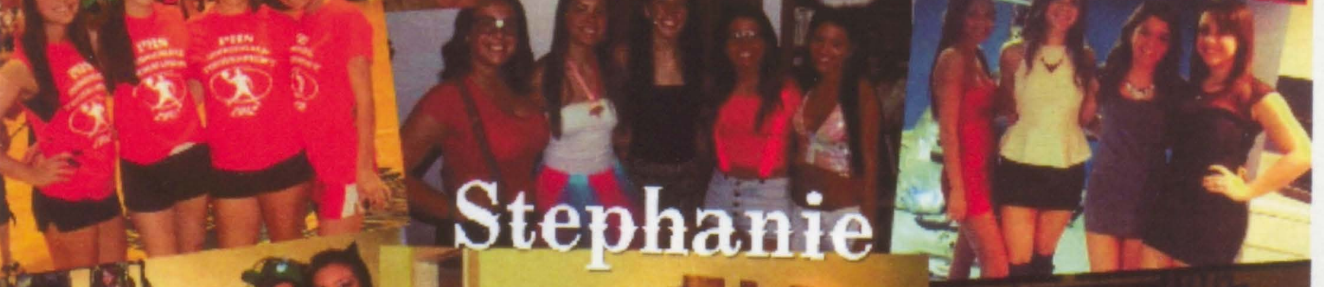


& the people who made us who we are today



Danielle

Dani



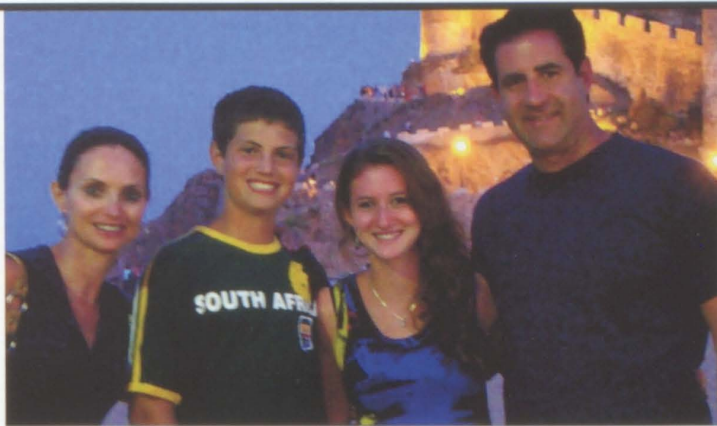
Stephanie



Victoria

Nikki

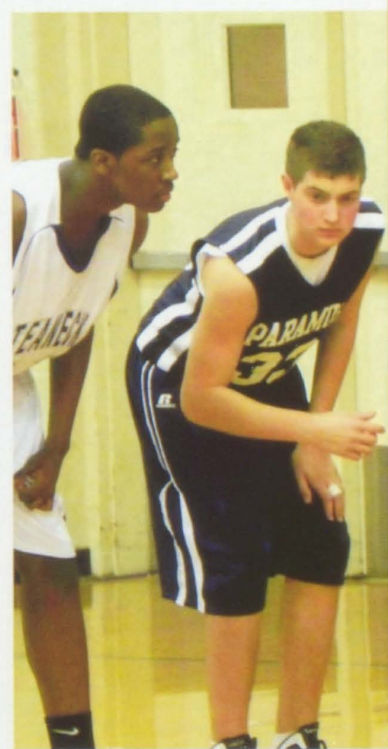
www.postermyWall.com



The memories have been great but the best is yet to come.

Love,
Mom, Dad and Jenna

Justin Link Senior Class President





Jess,

Nothing is impossible, the word itself
says 'I'm possible!' -Audrey Hepburn

You are a beautiful, talented, intelligent
and caring young woman. May your
future be as bright as you are.

We are so proud of you.
Congratulations!

STAY STRONG.

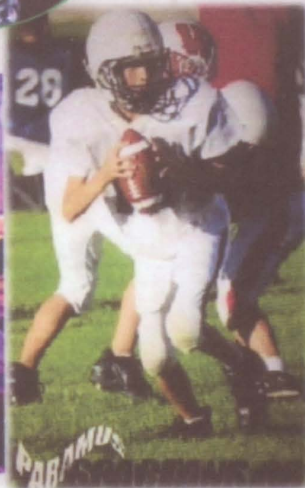
Love,
Mom, Kate and Lia



Congratulations Dean!

.... "And when you finally fly away
I'll be hoping that I served you well
For all the wisdom of a lifetime
No one can ever tell
But whatever road you choose
I'm right behind you, win or lose"

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Prem1ers

Class of 2013

**Our best wishes for
the future ahead!**

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Orchestra



Concert Choir



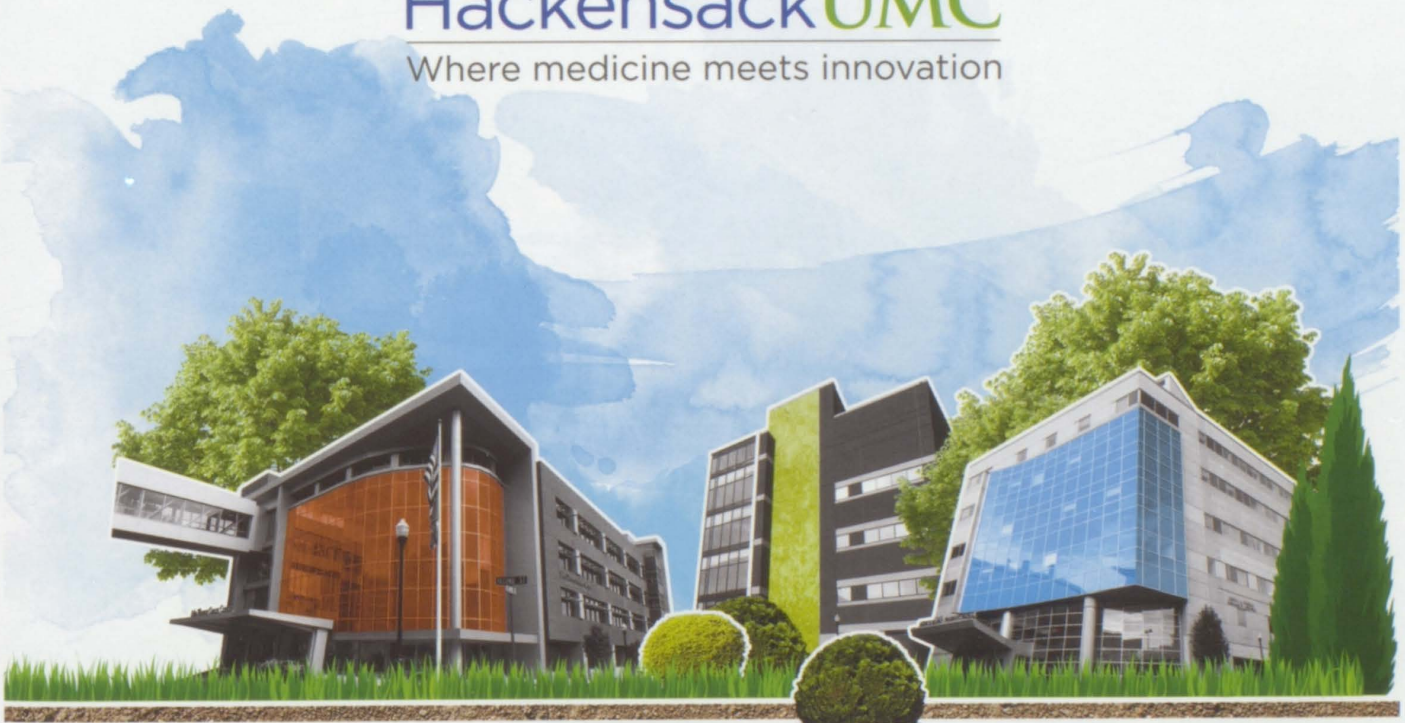
Congratulations to the Paramus High School Class of 2013!

A special thank you to Priscilla Lau
for her service as a volunteer.



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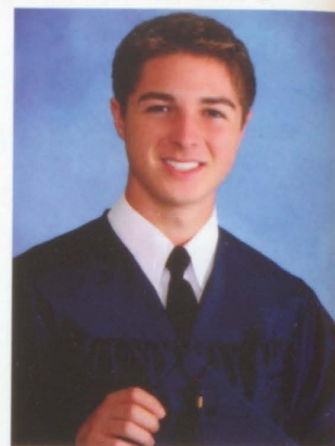


We are so proud of you Mark!

We wish you the best always!

**We know you will be successful in all that
you do.**

**With all our love,
Mom, Dad, Danielle, and Rusty**





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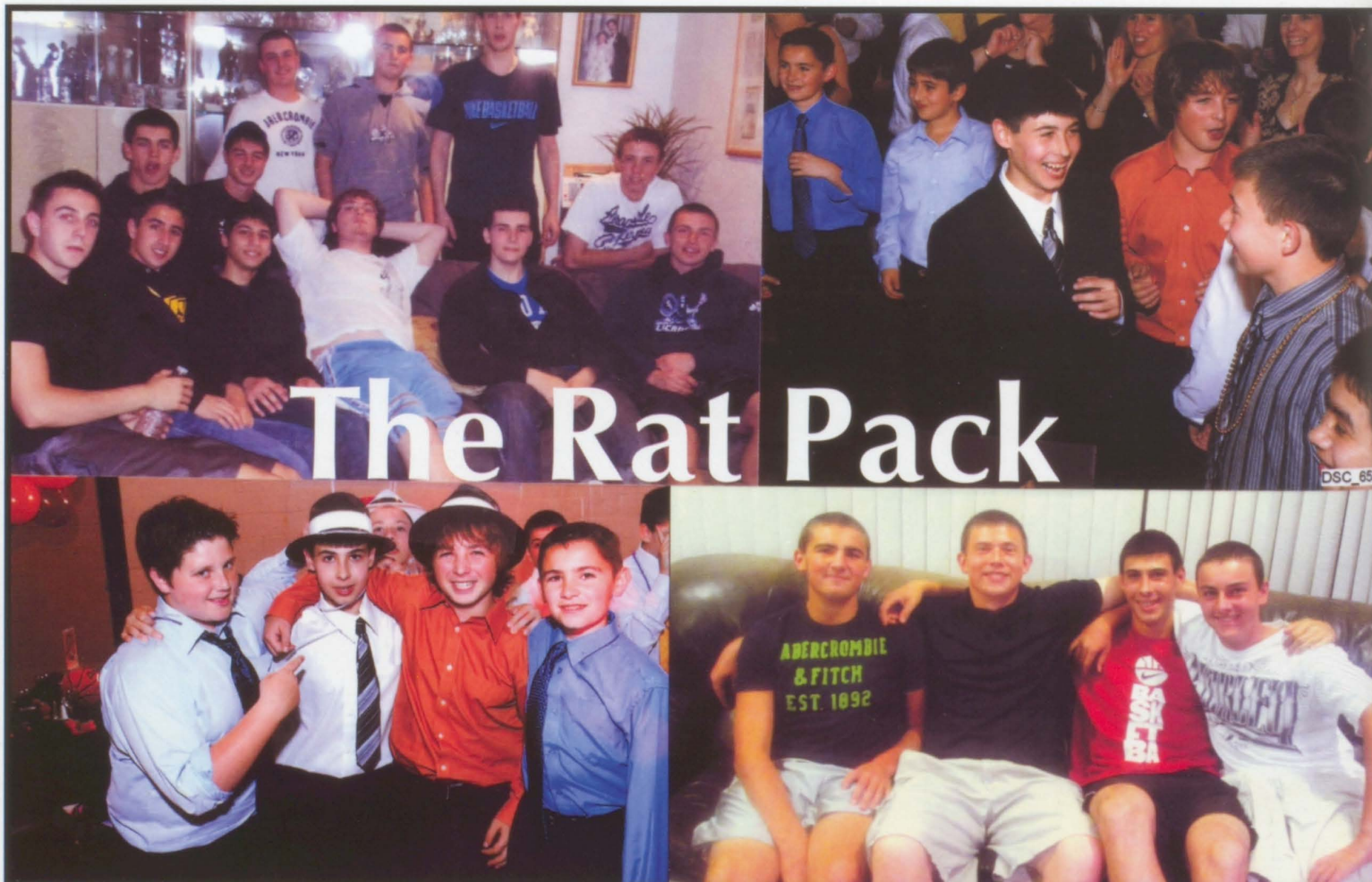
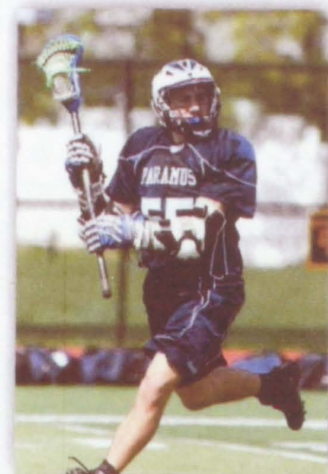
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Joseph David Michael Stross
 We are so proud of you! God Bless you.
 With our love,
 Mommy, Daddy, Michael & Gina



Dear Rachel Rose,

It seems barely possible that 13 years ago we sent you to kindergarten with our hearts filled with hopes and dreams for you. From toddler to teenager we've watched your passion, persistence and brilliance burst forth and mold the amazing woman you have become. As you graduate, we want you to take pride in all you have achieved, believe that nothing is impossible if you share your gifts with the world with a grateful, happy heart and know that success is defined not by what you do, but by who you are! And remember:

"Life is short, break the rules, forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never regret anything that made you smile. Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." – Mark Twain

You make us more proud than words can express!

Love,
Mom & Dad



"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved." Helen Keller

CONGRATULATIONS

CAROLYN KOWALSKI

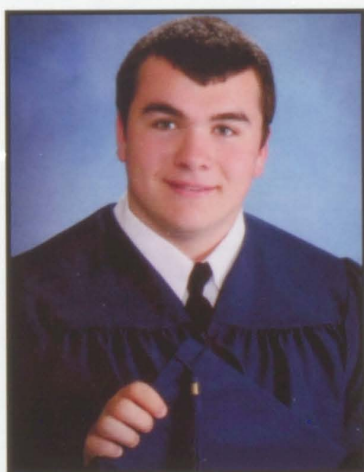
For all your accomplishments;

You are on the road to success!

YOU make us very PROUD!

Love always, Mom, Dad, Mike and Gram

Harry



We are proud of you and all of your accomplishments.

**Love,
Mom, Dad, Grandma & Grandpa**



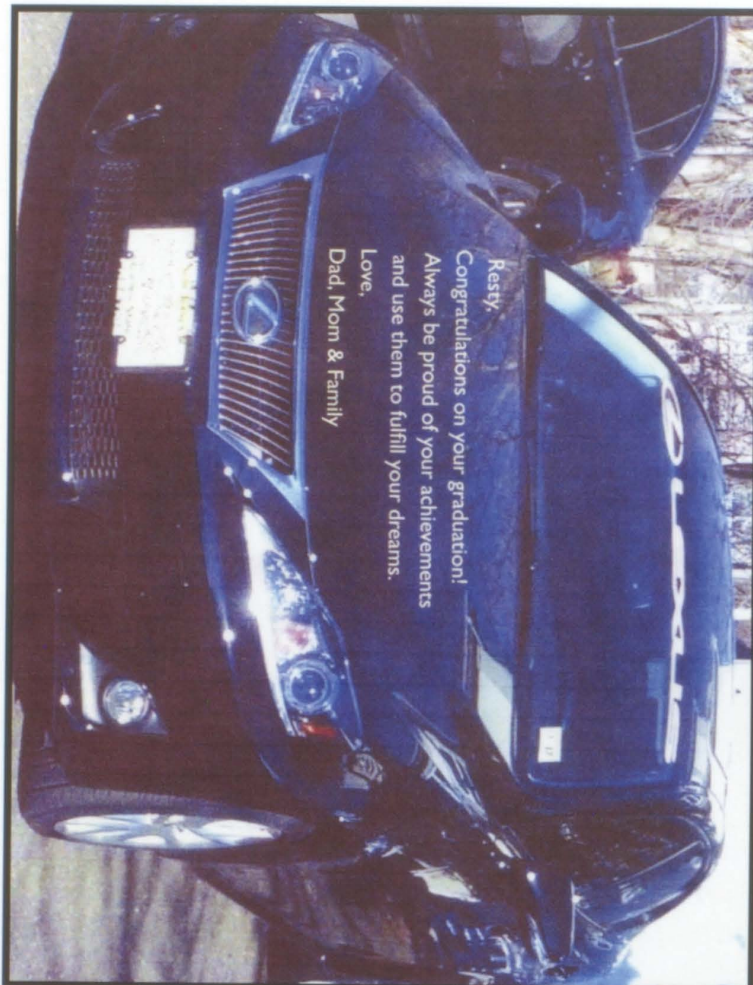
**Volleyball, basketball, acting,
marching band, singing**

**Chocolate, friends, family, Insomnia
Cookies and vacations**

Clarinet, uke, guitar, piano and Hank

These are a few of my favorite things





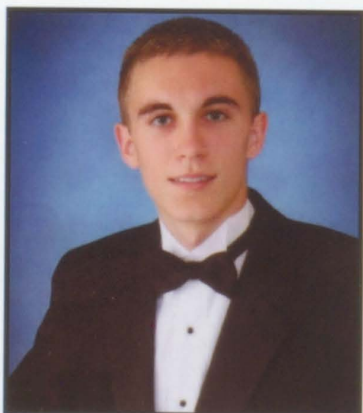
M
A
R
I
N
A

May God be
your
companion in
each step of
your life.

Dad



Christian



We are so proud of you. We hope all
your future dreams come true. We
know you will accomplish great
things.

Love,
Mom, Dad, Billy, Jake, & Elvis



Congratulations Brianna!
We are so proud of you!

*Love Mom & Dad,
Grandma, Angela & Marc,
Steve & Sonia, Doug & Lynn,
Nicole, Ashley, Marky & Jade*



To Priscilla Lau
Best Wishes



From

Uncle and Auntie
Kwong & Susanne Eng (2013)

Congratulations Priscilla Lau
and the rest of the Paramus Senior Class



Jackson, Elizabeth, and Olivia Eng

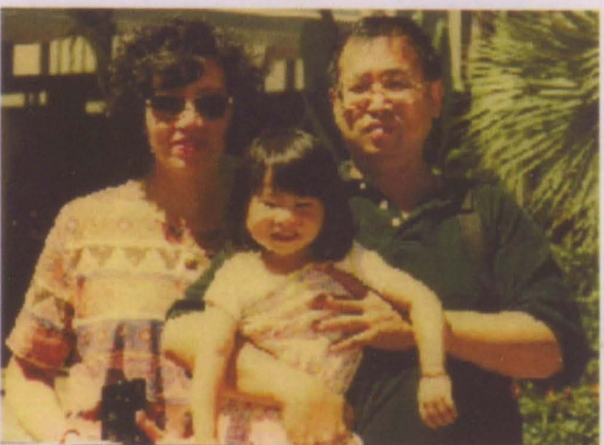
Dear Priscilla,
You finally made it through high school! From a new born baby girl to a stunning seventeen year old, I couldn't be more proud and happy. I wish you the best of luck in college. Don't have too much fun!



Love,
Auntie Eleanor

Priscilla, You have grown into a splendid and gorgeous young lady. Congratulations to our little girl. Best of luck in college and many more years to come.

With Love,
Mom, Dad
and Andrew



Congratulations Steven Giambagno!

We are so proud of you and all
your accomplishments.

Watching you play hockey has
been such a joy. You are such a
blessing in our lives. We wish
you happiness and success in
your future. We love you.

Love,
Mom & Dad, Matt & Mike

2013 Kevin Nafash 2013

Kevin, from the day you were born you have
only given us reason to be proud. We are so
blessed to have you in our lives.
Congratulations and best of luck for a successful
future. We love you very much.

Mom, Dad, & Tara

2013 Kevin Nafash 2013

Congratulations. May you surpass all your
future dreams and wishes.

All the best,
Grandma, Uncle Michael, Aunt Lisa, Uncle
Ray, Aunt Sue, Aunt Laura, Uncle Richie,
Jeffrey, Mark, Alexandra, Danielle, and Jackie

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Dear Krista Emily,

*We are very proud of you on your accomplishments. May
you achieve all that you wish for and succeed in all that you do!!*

Love,
Mom, Dad, Bryan, Lily, Grandma, Grandpa,
Uncle Frank, and Uncle Mark

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Congratulations Michael!

Continue to climb every Mountain!

Best Wishes in College!

I am so proud of you!

Love,

Dad



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CONGRATULATIONS STEPHANIE



We are extremely proud of how hard
you worked, both academically and in sports.

You have grown into a beautiful and intelligent young woman.

We know you will have continued success in college and in your future.

LOVE, MOM, DAD & MICHAEL JR



2013 Kevin Nafash 2013

We wish you success in all your future
endeavors. Congratulations!

Love,

Grandma & Grandpa, Aunt Donna, Aunt Lisa &
Uncle Howard, Uncle George, Aunt Denise,
Krista & Alyssa

When it hurts to look back, and you're afraid to look ahead, just look beside you and your best friend will be there.



Nicole and Monica



Miramar Insurance Agency, Inc

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Congratulations Ashe, We're very proud of you & love you very much! - Mom, Dad, Chris, & Brooke

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CONGRATULATIONS REBECCA

We are so proud of you!

Love,

Mom, Dad, and Abigail



Congratulations to our niece, Priscilla Lau. We're so proud of you! Good luck in college.

Sincerely,
Aunt Stella &
Uncle Geoffrey

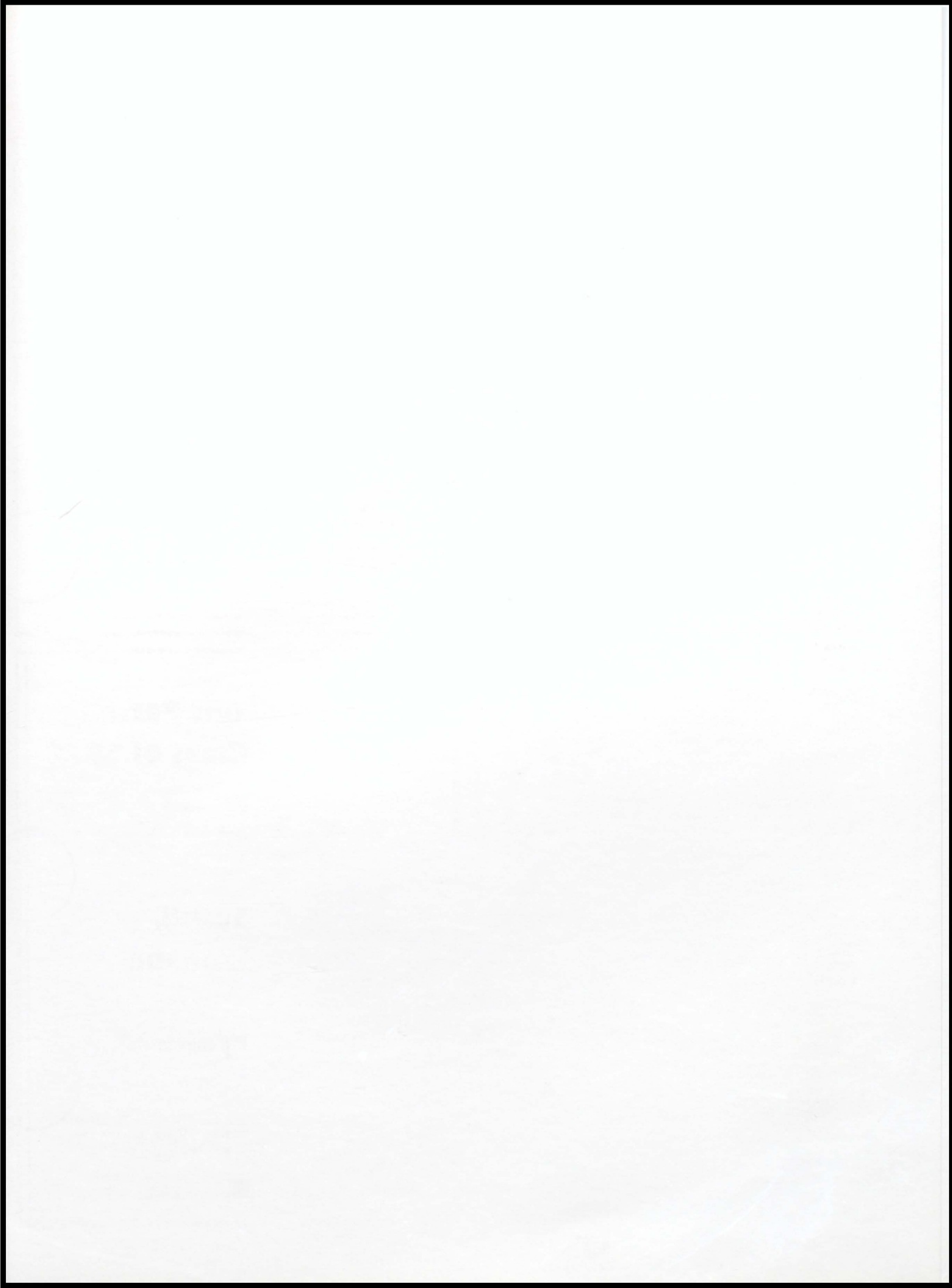
**Congratulations Paramus
High School Class of 2013**

from...

**Ellen Stahli,
Caren Aronson**

and everyone at

HERFF JONES



Paul E. Macchiarri, Jr.
President

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CONGRATULATIONS REBECCA

We are so proud of you!

Love,

Mom, Dad, and Abigail

Congratulations Paramus High School Class of 2013

from...

Ellen Stahl,
Carol Aronson

and everyone at



HERFF JONES

